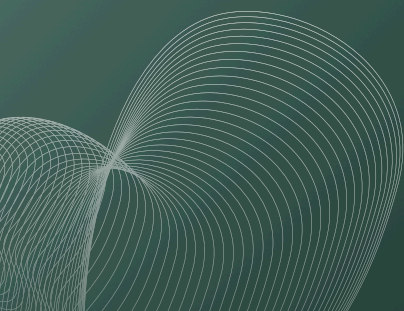




Transform Your Team. Elevate Your Business.

Tailored coaching and development programmes designed to unlock potential and drive measurable performance



I AM GR8
DISCOVER YOUR GR8NESS

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MEET THE FOUNDERS

Michelle



Conroy



**30+ Years
Experience**

“Our entrepreneurial backgrounds allow us to bridge the gap between people development and real-world performance, making our approach both practical and results-driven.

We’ve spent over 10+ years building a reputation for delivering transformational coaching that challenges thinking, builds confidence, and drives measurable change across teams and different levels of leadership.”

With a proven track record of inspiring individuals and teams to reach their full potential, Michelle and Conroy, Directors of Reactiv8, bring over 30+ years of business experience in education, leadership, and personal development.

National award-winning business leaders—winning gold 2024, 2025 and finalist in 2026—Michelle and Conroy are passionate about transforming mindsets, unlocking performance, and creating lasting impact within organisations.

EXAMPLE OF SERVICES

An example of some of the services we provide. In alignment with your strategic goals, we work with you to identify the unique organisational challenges you're facing and design step by step programmes that will meet your business needs.

No overwhelm. No guess work,
just tailored solutions built for
real world business challenges.

Mindset and Behaviour Training



Our Personality Profiling & Behavioural Insights training will help you understand what truly drives your team. Shift thinking, unlock performance.

Using proven profiling tools, we help you:

- Identify individual strengths and communication styles
- Improve team dynamics and collaboration
- Build confidence in decision making
- Reduce conflict and misunderstandings, increase ownership and accountability
- Align roles with natural abilities

Result: A more cohesive, self-aware, and effective workforce.

Mental Health and Wellbeing Workshops



Support your team —because performance starts with wellbeing.

Our structured wellbeing sessions focus on:

- Stress management and resilience building
- Preventing burnout and improving work-life balance
- Creating a positive workplace culture
- Practical tools for maintaining mental clarity

Result: Healthier, happier employees with increased engagement and reduced absenteeism.



Employee Engagement Workshops

Create a culture people want to be part of ensuring employees feel connected to the company's purpose and empowered to do their best work.

- Increasing motivation and retention
- Strengthening team connection
- Understanding their own communication style (and how it affects others).
- Aligning individuals with company vision
- Improving company culture building increased trust and comfort with teammates.

Result: A more in-tune, focused workforce with an ownership mindset.



Team Productivity & Performance Coaching

Turn potential into consistent results.

We work with your teams to:

- Improve focus, accountability, and time management
- Set clear goals and execution strategies
- Eliminate productivity blockers
- Build high-performance habits

Result: Move from being "chief problem solvers" to "chief talent enablers".

Executive Coaching Workshops



Equip your leaders to inspire, motivate, and deliver.

- Gain communication, clarity and influence skills
- Leadership identity and influence
- Managing change and decision-making under pressure
- Building high-performing teams and managing growth

Result: Leaders know how to maximize collective intelligence & create environments where staff feel safe to take risks.

GR8 COACHING

BUILT FOR THE BOLD

For the Elite Individual: Executive 1 to 1 Coaching that empowers you reach your next level, achieve your goals, and create a GR8 business

Which One Are You?



The Sole Trader

Overwhelmed Solopreneur?

You're working on the business and in the business, but you're only one person. You've put in the sweat equity to build the dream, but you haven't yet built the team to support it. 1-to-1 business coaching with Michelle and Conroy bridges that gap, move past the "one-person bottleneck." Learn to master your cash flow, reclaim your time, and transition from a busy founder to a strategic leader.



The Business Owner

Ready to Scale? Stop Being the Bottleneck.

You have the vision; now you need the infrastructure. Michelle and Conroy specialise in helping business owners replicate their "Zone of Genius" through others. Learn to put the right people in the right places, freeing you to lead while your business thrives without the risk of burnout.



Executives and Leaders

Stuck in the Corporate Comfort Zone?

Break the Golden Handcuffs and Reach Your Next Level. Comfort is the enemy of growth. If you're ready to stop building someone else's dream and start building your own, we're here to facilitate the leap. Our specialised coaching takes your existing skill set and repurposes it for the entrepreneurial stage. We provide the roadmap, the risk-management strategies, and the foundational tools you need to launch out on your own.



The High Performing Professional

Don't Just Climb the Ladder—Own It.

For the professional who leads teams and demands excellence., High performance is about more than just working hard; it's about strategic value. If you're ready to 10x your performance and secure your position at the top, I AM GR8 is your secret weapon. Our training focuses on the psychology of management and the mechanics of professional influence. Learn to manage people effectively, navigate corporate politics, and accelerate your path to the C-suite.

WHY WORK WITH US ?



- **Gain Mastery.** By focusing on strengths rather than just fixing weaknesses, employees feel more competent and motivated.
- **Feeling Seen and Heard.** When your team has a structured way to give feedback—and see it acted upon—the result is psychological ownership. They stop saying "The company should fix this" and start saying "How can we fix this?"
- **Increased Trust.** Transparency from leadership reduces the "rumor mill" and anxiety, leading to a more focused workforce.
- **Purpose Alignment.** Employees understand how their "boring" daily task contributes to the "big" mission.

Sometimes an off-the-shelf session won't cut it. Whether you're facing a big shift, tackling a thorny challenge, or just need something tailored to your world, we'll design a session that fits.

BOOK YOUR CONSULTATION



Experience That Inspires. Results That Last.

With over 30 years of mastery across the business, education, and personal development sectors, Michelle and Conroy are more than Directors—they are architects of potential. Whether you're an individual needing purpose or a business needing clarity, I AM GR8 training combines the discipline of corporate leadership with the psychology of personal growth to provide a training experience that is as impactful as it is enduring. Michelle and Conroy leverage three decades of insights to help you navigate the complexities of growth. We've spent 30 years turning lessons into legacies so you can:

Optimize Your Potential. Improve Productivity and Build GR8 Teams.

Let's Talk

Need something bespoke?

Let us design a session to suit your group's unique requirements, goals and vision

Book your 30 min consultation call today to plan your workshop. Fill out the contact form below.