

IF YOU ARE NOT USING YOUR EMOTIONS, THEY ARE USING YOU.

CORE COMPETENCIES

CS1 Mindset, LLC (doing business as Marek Rudak) specializes in helping organizations use emotions as an asset to improve teamwork, decision-making, and stress management through:

- **Executive Coaching:** 3,000+ hours at Fortune 500 companies, startups, government agencies, and non-profits.
- **EQ assessments:** I use the world's most reliable, valid, and highly researched EQ measurement tools: EQ-i 2.0® (individual) and EQ360®,
- **Emotional Intelligence Workshops:** Please see below for more details

WORKSHOP DIFFERENTIATORS

- **Science-based:** I leverage EQ assessments with decades of research and a proven benefit track record.
- **Efficient:** My workshops are half a day long, allowing employees to learn life-changing skills AND make progress in their work responsibilities during their training day.
- **Engaging:** I designed my training to be highly interactive to maximize learning and team building.
- **Practical:** The content is based on my 3,000+ coaching hours at premiere organizations like Google, NBA, or UNICEF, so everything I teach I've personally seen work countless times.
- **Flexible:** I personally developed all of my training, and I am more than willing to make adjustments to ensure my content fits clients' needs like a glove.

CERTIFICATIONS



PAST PERFORMANCE

NASA: EQ360 workshops at Johnson Space Center and Armstrong Flight Research Center.

Marathon Oil: EQ-i 2.0® workshops for self-nominated employees.

University of St. Thomas: EQ-i 2.0® workshop for the university's executive leadership team.

National Oilwell Varco: EQ-i 2.0® workshop for the Completion & Production Solutions team.

Fidelity: Emotional Intelligence workshop for the Wealth Management team.

American Bar Association: Lawyering with Emotional Intelligence webinar for 500+ attorneys.

Rice University: Emotional Intelligence training for Emerging Leaders Mastermind.

Impact A Hero: Emotional Intelligence workshops for 100+ veterans and their families.

Advanced Drainage Systems: Emotional intelligence training for a regional distribution team.

NAICS CODES

611430 Professional & Management Development Training.

541611 General Management Consulting Services.

541612 Human Resources Consulting Services.

COMPANY INFORMATION

CAGE: 9NF46

UNIQUE ENTITY ID: TLB7P7E2WPM6

CONTACT INFORMATION

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