



“Welcome to TAP!

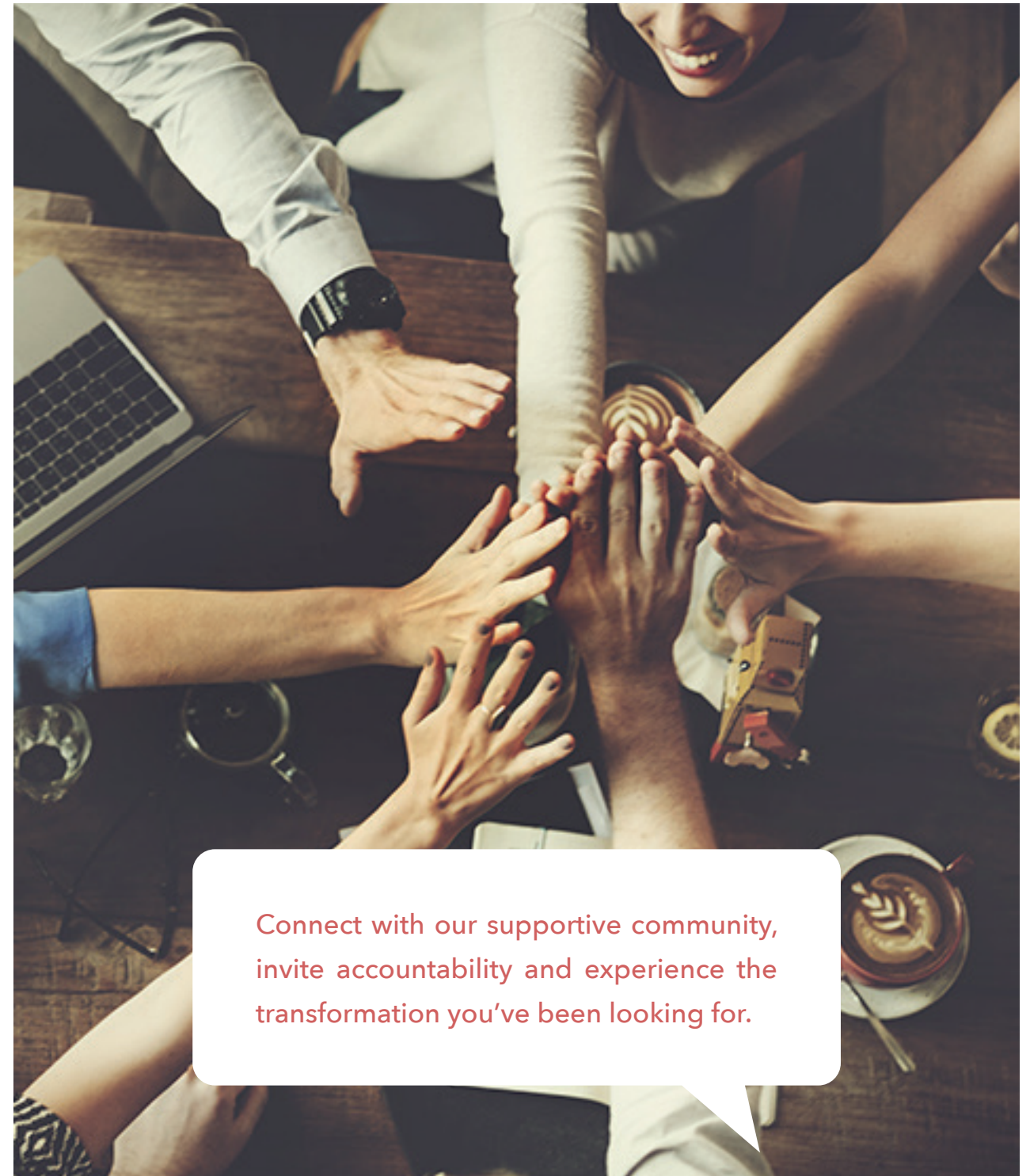
I am so excited to invite you to our community. Our team is deeply motivated to help our members reach new heights and begin tapping into their potential. We are students and teachers constantly looking for opportunities to grow. We learn as much from our client's journeys, successes, and failures as they do from us. We always endeavour to take this growing knowledge and imbed it into our resources to ensure we remain relevant, tried, and practical.

Our desire is to become an important support system for our community and to grow alongside our clients. We welcome the opportunity to partner with people and organizations to help them stay accountable to their goals, so they can realize their dreams. We strive to be a consistent resource brimming with fresh ideas, perspectives, and reflections. We are on a journey to tap into our potential - and we invite you to join us.”



Shannon Rheault

Founder & CVO



Connect with our supportive community,
invite accountability and experience the
transformation you've been looking for.



Our purpose is to inspire *possibilities*.



Louise Moore

Client Relationship Manager, Hemsley Fraser

"Shannon and her team are proactive and authentic consultants who we entrusted to develop our relationship with one of our most important clients. TAP quickly become a trusted advisor and integral member of the HF associate family. I highly recommend Shannon and her team and look forward to many more opportunities to work together."

Serena Warkentine


Entrepreneur

"Words can't describe how incredible this woman truly is. Shannon puts her heart and soul into everything she does. One of the things I respect the most about her and her TAP team is how much they care about others. They have a gift of inspiring people and helping them believe in themselves. Shannon is a true servant leader, and my life and business has changed for the better because of the executive coaching I received through TAP."

Tiffany Connauton

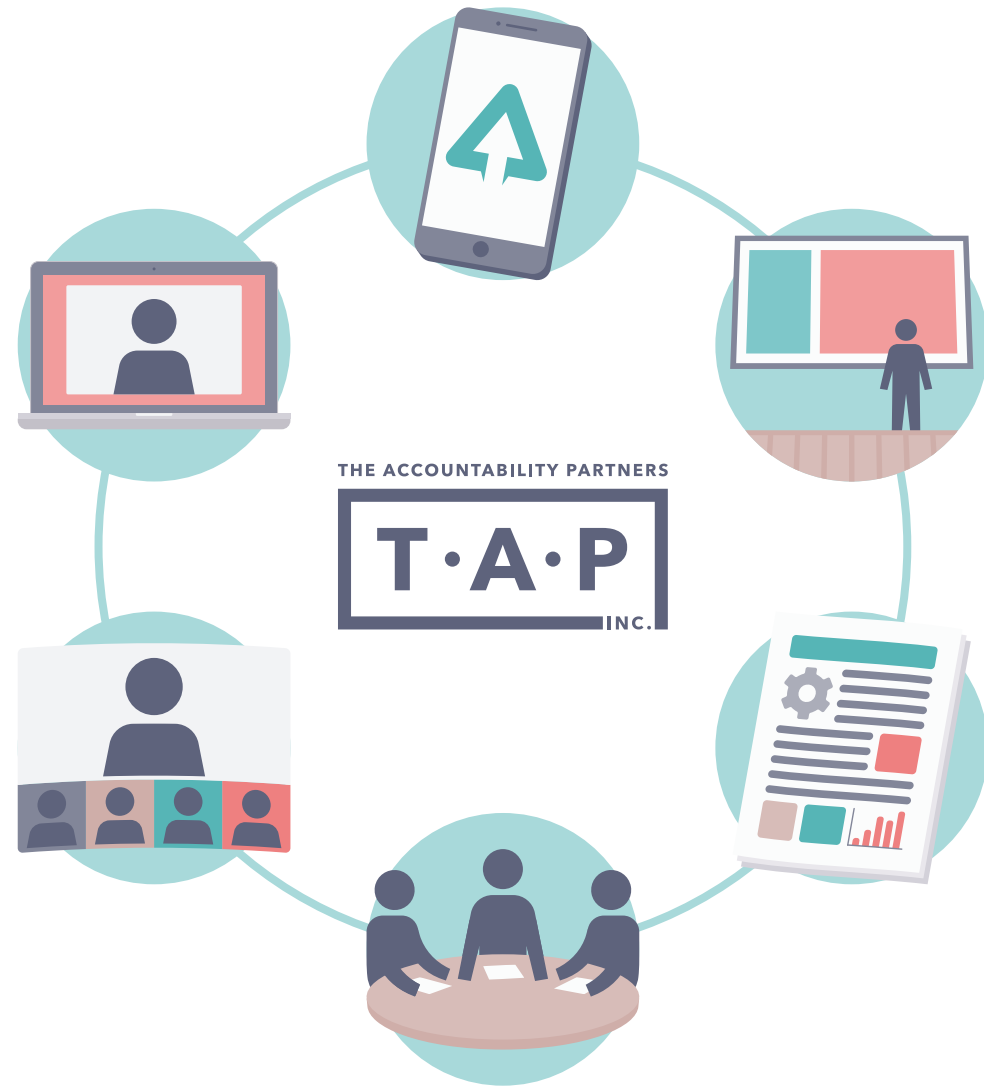
Culture Program Advisor, Shell Scotford (Royal Dutch Shell)

"Working with Shannon and her team is always a valuable experience. They bring a natural curiosity, as well as a strong suite of collaboration skills and combines those with their vast and relevant knowledge base to help shape solutions that have real impact now and in the future. Their work is high quality, versatile and they have an eye for sustainability maximizing the value of solutions. I would recommend Shannon and her team to anyone looking for a partner in growth, opportunity or potential!"

A close-up photograph of two young women laughing joyfully. The woman on the left is Black with short dark hair, wearing a blue denim jacket and a small pearl earring. The woman on the right is white with long brown hair, wearing a white tank top. They are both smiling broadly, showing their teeth. The background is a blurred green forest. A white rectangular box with text is overlaid on the bottom right of the image.

Imagine belonging to a community where you and everyone around you lives up to their *potential*.

How we
support our
community



TAP Advance



Are you in search of a ready-made training solution? We can't wait to show you TAP Advance! It's filled with customized training, tools and resources that will give you the opportunity to propel your business forward. Explore TAP Advance with three unique options: TAP ADVANCE Foundational, Professional and Premium.

Everything in TAP Advance is created and curated with the help of our exceptional Content Strategists so you can always expect valuable, practical, and fresh resources to support your journey. You will find self-paced bite-sized training, videos, event ideas, quick-reference guides, downloadable tools, and more.

"Investing in TAP Advance is one of the greatest things you can do for your business! No matter where you are in your learning development journey, the training you will find in TAP Advance will not only help you overcome challenges, but help you grow personally and professionally."

Isabelle Terry, Sales Education Manager, Mary Kay

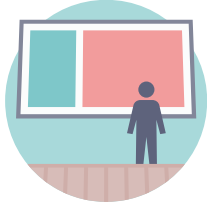


Easy, affordable & fun.

Advance your business.

Empower your field.

TAP Events



Motivation is great for those racing to the finish line and it also helps when you want to start something new. Being inspired can change lives. Events not only provide important information, they enable and foster relationships, they create opportunities for ah-ha moments, and they often recognize efforts and reward achievements.

Connecting with like-minded people in a large group event can be a powerful way to propel your business forward. Providing an exceptional speaker is key to executing a truly successful event that inspires real change.

A photograph of a woman with blonde hair, wearing a blue and white patterned dress and a black blazer, speaking at a podium. The background is dark with blue vertical light streaks.

Captivate your audience.
Deliver your message.
Influence behaviours.

Training Programs



TAP understands that by growing individuals we are growing businesses. Providing opportunities for training and personal growth can lead to long term success and sustainability, but the reality is that it can be a costly investment. Organizations often understand the power of training and realize the unique opportunity to influence the behaviours of their employees, but as budgets are examined ROI becomes hard to measure and harder to endorse.

We want to give companies the opportunity to implement powerful training programs without having to break their budgets by hiring large teams to create and implement. We have experienced instructional designers, trainers and facilitators that can build and facilitate a custom training program that will lead to extraordinary results.

A background image showing a group of people in a meeting. A man in a dark shirt is smiling and looking at a document. A woman in a yellow shirt is also looking at the document. There are coffee cups on the table. The image is slightly blurred and has a dark overlay.

Create the narrative.

Align your learning
objectives & goals.

Experience a healthy
culture.

Workshops



Sometimes a small but specific change is needed. A workshop is an experience that provides an opportunity to address the need for change and can help teach a specific skill. Our interactive in-person or online workshops consist of learning, growing, and sharing.

Our skilled and experienced facilitators have the ability to help people think outside the box and approach something in a new way that inspires a necessary change. They create opportunities for both engagement and reflection and equips the learner for development and growth.

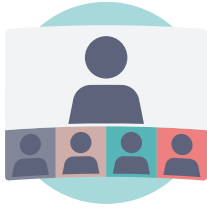
A photograph of a man with dark hair, a beard, and glasses, wearing a dark blue sweater over a light blue shirt. He is smiling and pointing his right hand towards a whiteboard. The whiteboard is covered with numerous colorful sticky notes (red, orange, yellow, green) and some handwritten notes. A woman with long brown hair is partially visible in the foreground, looking towards the whiteboard. The background is slightly blurred, showing more of the whiteboard and the woman's head.

Create a
psychologically safe
space.

Facilitate a two-way
conversation.

Experience growth.

Webinars



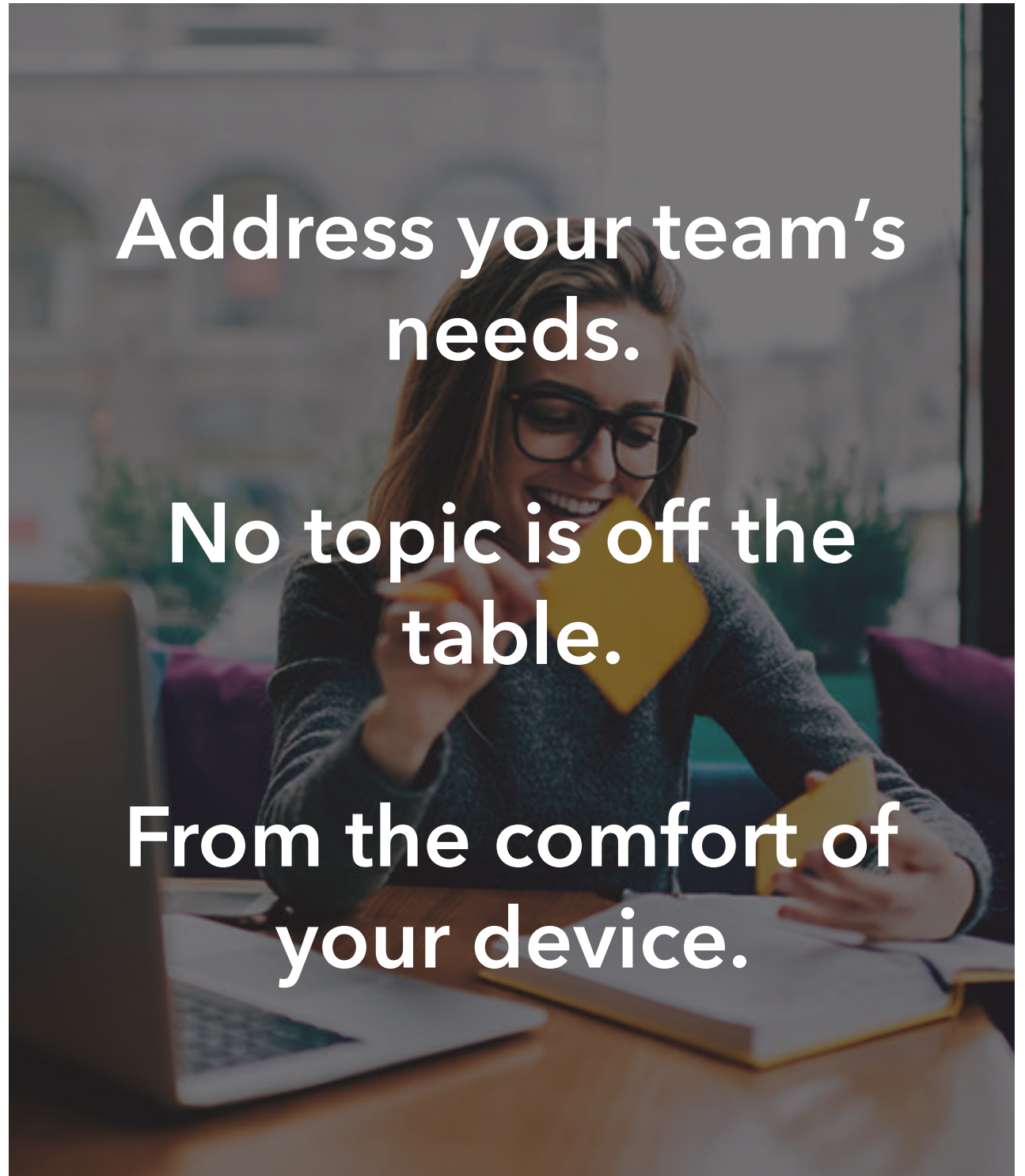
Does your team need to learn something new or address something that isn't working? Our webinars provide critical or relevant information to your team that is engaging and informative in an easy and accessible online format.

Communicate in a clear and concise manner, provide clear answers, and define expectations. Action alone isn't enough; you must take the right action to experience the results you want. Allow us to help you define your message. With our workshops your reach is unlimited.

Address your team's
needs.

No topic is off the
table.

From the comfort of
your device.




Coaching



Each person's journey is unique. We want to make sure that you have as many options as possible to empower you on your journey. The service you choose will depend on your needs and challenges, your budget, where you want to go and how quickly you want to get there. Finding the right accountability partner is key to getting the results you are looking for.

Our virtual coaching sessions provide flexibility so that you can tailor it to your specific needs. You can choose occasional sessions to address a one-time issue, more frequent sessions when you are sprinting to meet a goal, or longer-term accountability that can help you navigate each phase of your business's maturity. This allows us to empower you in ways that matter.

A photograph of a woman with blonde hair wearing large white headphones, smiling and looking at a laptop. She is sitting at a wooden desk. In front of her is a bowl of red grapes and a glass of water. The background is a blurred office or home workspace.

**Invite accountability.
Identify blind spots.
Experience a deeper
level of learning.**

these are the building blocks of our community

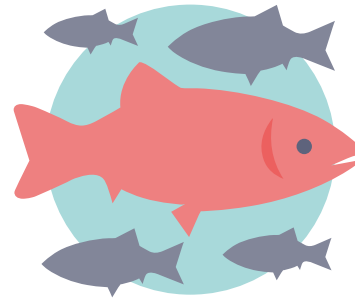
Self reflection is key to creating the best environment for development (personally and in your business). Our community is built upon a strong foundation of core values that if followed will yield extraordinary results. Your success must be built on solid guidelines that will withstand the objections, self doubt, self sabotage and fears that come when you are on the journey of becoming who you were destined to be.

You were created for greatness and a purpose and we intend to work with you to build on that solid foundation that will take you to the top.



Accountability

Taking ownership of our actions, successes, and failures, while taking responsibility of our beliefs and potential.



Authenticity

Celebrating and being true to who we are. Respecting each other and ensuring it's not expensive to show up by providing a diverse and inclusive culture.



Contribution

Creating a strong community of collaborators and building a culture of empowerment. Practicing curiosity and being open to new ideas.



Gratitude

Recognizing our gifts and giving back to our communities. Aspiring to be part of something greater than ourselves.



Growth

Looking for opportunities to grow by being a learner and holding the responsibility to stay relevant. Inspiring possibilities by practicing a learner's mindset and learning from mistakes.



Integrity

Being congruent. Making sure our words and actions are aligned by walking the talk and doing what we say we are going to do. Being consistent, dependable, and trustworthy.



Journey

Nurturing a culture where we are having fun, understanding that hustle is temporary, and creating an environment to pursue our passions.



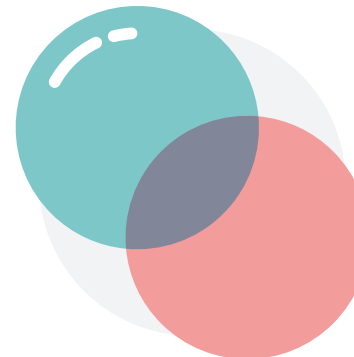
Leadership

Communicating well, staying humble, and actively listening. Providing psychological safety where it's safe to speak up and make mistakes, without fear of negative repercussions.



Recognition

Rewarding efforts big or small, recognizing strengths, and finding ways to make others feel valued and appreciated.



Transparency

Aligning goals and setting clear expectations while providing the right information required for collaboration, cooperation, and collective decision making.



"Potential isn't rare, people who live up to it is."

Shannon Rheault Founder & CVO





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