

Growth *without* Sabotage™

Sara LaForest,

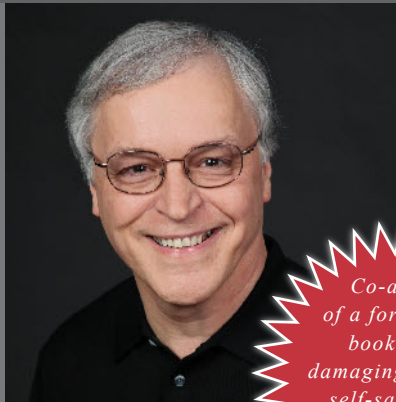
who has a Bachelor and Masters degree in psychology, is a consultant, coach, trainer, speaker and entrepreneur. Prior to starting her own company, she worked in management and training positions with public sector and private businesses. She works with federal and state government agencies, social (nonprofit) and American Indian and Alaska Native organizations and indigenous peoples, workforce investment

Tony Kubica

trained as a healthcare administrator (MBA, B.S. and M.S.), is a consultant, coach,

<i>East Coast</i>	<i>West Coast</i>
<i>Male</i>	<i>Female</i>
<i>Serious</i>	<i>Light-hearted</i>

Dynamic opposites—yet common in purpose and core beliefs



Co-authors of a forthcoming book on the damaging effects of self-sabotaging behaviors in business

Kubica & LaForest

complement one another through different but similar skills. Together they offer a unique amalgam of professional services.

Our advantage as a team provides clients with a competitive depth and breadth garnered from over 50 years of working with and consulting to hospitals and health care organizations, research and technology companies, social (non) profit organizations, native organizations, secondary and post-secondary education, government sector, energy and resource development, tourism/commerce, and construction companies, representing large to small organizations, from hands-on field work to executive level leadership.

Engaging • Dynamic • Real-World

mentor, speaker and entrepreneur. Prior to starting his own company, he worked as a staff pharmacist, supervisor, director, hospital administrator, and as a senior vice president of a mid-sized consulting company where he was a member of the executive committee and responsible for the firms national management consulting practice. He has published over thirty articles in trade journals and in the local press, and he has been published in two books (Health Care Administration – Aspen Publications and Redesigning Healthcare Delivery – Boland Healthcare).

He consults to hospitals, other healthcare-related organizations, technology and research companies and personally coaches new entrepreneurs. As a 4th degree Black Belt in Kenpo Karate, he also teaches karate to teens and adults.

programs, public schools, small and medium sized companies representing the private business sector.

"Your time made what could have been an uncomfortable and unproductive mess a smashing success!"

*Quentin Algood
Owner & President
ITS Alaska Computer Services*

Kubica & LaForest GROWTH without Sabotage™ model for performance and organizational improvement will reduce or eliminate sabotaging behavior (the negative intangibles in business) and dramatically improve performance by decreasing cost and increasing profitability.

*Blended Expertise
Synergistic Solutions*

KUBICA  **LAFORREST**
CONSULTING

Services and Results

Business Growth and Performance Improvement

Leadership Strategy and Development

Improved Client and Business Relationships

Brand Building and Impression Management

Transition and Succession Planning / Management

"You have been one of our most popular presenters. Your topic related to self sabotaging behaviors, is one that is rarely addressed . . . There was standing room only for you. You were one of the few that were specifically cited to present again, on this and other topics. We hope that this will be but one of the first of our conferences for which you will present. "

*Dallas-Lee Brower
Project Director
Inupiat Community
of the Arctic Slope
Planning Committee
of the Consortia of
Administrators for
Native American
Rehabilitation (CANAR)*

"Your pragmatic approach to business management, client relations, and psycho-analytical observation as it relates to fear and insecurity in the work place is a needed commodity to any young entrepreneur."

*Kevin Rinaldi-Young
Estate Manager*

"You assisted the company with transitioning to a new management team and development of a strategic business plan. Your business expertise and insightful analysis and advice enabled our company to clarify our message streamline our products and identify the right target audience. Through your collaboration IHS has been stabilized and is now on path to growth.

I strongly recommend you to businesses and individuals seeking effective business consulting and coaching."

*Gita Afshar
President
Insight Health Solutions (IHS)*

"You helped me successfully transition from a scientific consultant role to Operations Director– US for my global consultancy. Your insight and guidance on the difference in operational responsibilities between the two positions better prepared me for managing the people and achieving the performance required from an Operations Director. Also, you helped me to visualize and implement changes in the organizational structure to enhance efficiency and maximize quality of our research and deliverables."

*Martha Bayliss
Operations Director-US
Mapi Values*

"Your concept about your work not only keeping companies in business, but also improving their bottom line is right on. I like to think of it in terms of efficiency. If you avoid screw ups, limit self-sabotaging behaviors that muck things up, your organization will naturally run more efficiently with fewer distractions that eat up time, success and, ultimately, profit."

*Ron Moleski, Pharm.D.
Partner
RJM Group*

tony@kubicalaforestconsulting.com
sara@kubicalaforestconsulting.com

132 Governors Drive • Warwick, RI 02818

www.kubicalaforestconsulting.com

800-887-5004

<http://blog.growthwithoutsabotage.com/>