



WILSON AND ASSOCIATES
COACHING AND CONSULTING

SERVING NATIONWIDE SINCE 2008

4.3 hours a week

Time employees lose to
workplace conflict
(Myers-Briggs)

START HERE

Free Pressure-Proof Teams Diagnostic

An audit that finds the
source of pressure on your
team and the best place to
begin resolution.



\$5,000 VALUE

Scan to book a
session

TEAMS WE HELP

- Human Resources
- People and Culture
- Learning and Development
- Operations
- P&L Leaders

CERTIFICATIONS



NMSDC MBE



WBENC WBE



DGS SBE



SBA WOSB

CLIENTS INCLUDE



Chrysta Wilson
Founder & CEO
Author, *Pressure-
Proof Teams™*

wilson-and-associates.com

BUILD TEAMS THAT DON'T BREAK UNDER PRESSURE, STRAIN, CONFLICT, OR CHANGE

OUR METHODOLOGY

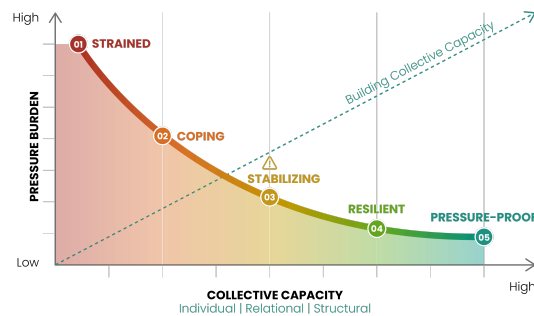
Pressure-Proof Teams™



Pressure doesn't break teams. Unclear expectations, unspoken tension, and fragile systems do. We build structures that absorb, distribute, and dissipate pressure so it stops landing on your best people.

The Pressure-Proof Teams Continuum™

How Does Your Team Perform Under Pressure?



Our diagnostic shows where your team sits today. Our work moves it toward Pressure-Proof.

CORE CAPABILITIES

- Leadership development
- Culture consulting
- Team conflict resolution
- Change management
- Facilitator training
- Keynotes and speaking

PAST PERFORMANCE

- **15,000+** leaders trained
- **200+** organizations served
- **\$10M+** in workplace lawsuits avoided by clients
- Led LA County's Measure J planning process

NAICS CODES

- **541611** Management Consulting
- **541612** HR Consulting
- **611710** Educational Support
- **611430** Management Training
- **541990** Professional Services

"Chrysta engaged our leaders and facilitated a meaningful learning experience, so we could walk away with a shared language, along with practical resources and a framework to apply the tools after the session was over."

Anna Gorman, COO, LA County Department of Behavioral Health