

# NXTGen Services Portfolio.



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[www.nxtgenservices.com](http://www.nxtgenservices.com)

DOES THIS SOUND FAMILIAR?



PARENTALSHIFT

## Find Your Parenting Flow

Chart Your Path to Consistent Parenting  
Coaching high performing leaders who want to show up present and positive throughout the working parent balancing act.

Find Out More



Be a Superhero at home and at work!

Kristen Lampert  
Founder and Leader of  
Parental Shift Coaching

## Let's Talk

Come and knock on my door!

I love connecting with curious folks about this program and welcome the chance to connect one-on-one. Sign up for any of the following sessions:

Book a Session

PARENTALSHIFT

## HI, I'M KRISTEN

Here's My Story

I am proud to be a mother of one



Informational  
Mental Fitness  
Mental Fitness is  
a positive mindset  
training, we learn the  
instead of running  
providing parenting advice,  
challenged to bring  
interaction with the  
spent, overwhelmed and  
most.  
I am inviting parents to make  
in a negative to a positive



# Website

DORA KURIMAY  
PERFORMANCE COACH

## MOTIVATION WHAT DRIVES YOU BEYOND WINNING?



## Dora Kurimay PERFORMANCE COACH

Supporting athletes, teams, and corporate executives to build abilities necessary for peak performance under pressure.



### Benefits of Performance Coaching

**Motivation**  
Set better goals to boost your motivation.

**Focus**  
Improves your focus and concentration.

**PREMATCH**  
Improves your prematch focus & preparation.

**Confidence**  
Improves your self-esteem and self-confidence.

**Team**  
Improves your team's cohesion and chemistry.

**Emotions**  
Improves your ability to handle your emotions.

**Stress**  
Improves stress and anxiety management.

**Relax**  
Improves your ability to relax and unwind.

**Awareness**  
Develop self-awareness to perform at higher levels.

GET STARTED NOW



## CREATE YOUR INNER CHAMPION

A mental performance coach supports athletes, just like the body's muscles. Developing strong mental performance.



More Information

BOOK A FREE DISCOVERY CALL

SAMSON DUBINA

YU WU

ADAM BOBROW

info@nxtgenservices.com  
www.nxtgenservices.com





# Website

Publications  
ed to a number of different podcasts and  
performance coaching

**THE FRESHMAN FOUNDATION PODCAST STUDIO**  
THE FRESHMAN FOUNDATION'S PODCAST IS PREPARING  
YOUNG ATHLETES AND FAMILIES FOR EVERY NEXT STEP IN  
THEIR ATHLETIC JOURNEY.  
DON'T MISS ANOTHER BEAT

**THE LOCKER ROOM**  
WHERE IDEAS ARE SHARED

**BE READY. Physically**  
HELPING YOUNG ATHLETES BECOME CONFIDENT PROBLEM SOLVERS THROUGH MENTAL PERFORMANCE  
COACHING.  
TAKE THE NEXT STEP

**About Michael**  
Michael Huber is a Certified Mental Performance Consultant  
Association of Applied Sport Psychology. He is also a father,  
son, athlete, and mentor.  
The primary focus of Michael's practice is serving young  
athletes and their families. Michael believes that the  
resources at their disposal, Michael believes that the  
becoming aware of mental emotional challenges and  
intentional action to improve as a person and athlete.  
Michael is also the founder and host of The Freshman  
Foundation podcast, a platform for young athletes and their  
families to share their stories and experiences. He has  
preparing young athletes and families for every  
step of their journey. He has been a part of the  
podcast for a couple of years and has been a part of  
several high school athletes. He wanted to  
share his story and the stories of other athletes who  
campus, classroom, and the greatest challenge  
has been a result of not properly preparing for  
the future.  
Prior to entering the sport psychology field, Michael  
worked as a business consultant and was a part of  
Ernst & Young, KPMG, and Deloitte.  
Of course, the most important part of his life is his  
family, including his wife, Lucy, and their two children,  
Lucy and Lucy, 12.

**PORTFOLIO**  
Highlights Of Our Craft.  
Our curated portfolio showcasing a spectrum of our  
finest work. Here, innovative design meets meticulous  
execution, reflecting our passion for transforming spaces  
into functional, stylish havens.  
scroll to continue

**Blue Pencil Creation**  
Precision in Every Blueprint, Strength in Every Structure.  
Get Your Free Quote!  
Name: \_\_\_\_\_  
Email: \_\_\_\_\_  
Message: \_\_\_\_\_  
Submit

**ABOUT US**  
A Construction Remodeling Firm Based in Philadelphia.  
Welcome to Blue Pencil Creation, a visionary in the realm of architectural transformation.  
Established in 2019 and initially rooted in the vibrant heart of New York, our journey began with a  
specialization in bespoke home and office interior remodeling. Our dedication to excellence soon  
attracted new partnerships, enabling us to expand our expertise into the realm of high-quality  
exterior construction.  
At Blue Pencil Creation, we believe that the cornerstone of outstanding work lies in effective  
communication, seamless team coordination, and meticulous pre-construction planning. This  
approach ensures not only the delivery of exceptional results but also guarantees that every  
project is completed on schedule. Join us as we continue to redefine spaces with innovation and  
craftsmanship.  
Our mission is to provide exceptional contracting services by employing experts who are not only  
adept in their craft but also embody reliability and effective communication. We are committed  
to delivering top-tier workmanship, strictly adhering to project timelines, and ensuring  
transparency in every aspect of our work. Central to our mission is a focus on meticulous  
organization, acute attention to detail, and a steadfast work ethic, all aimed at surpassing our  
clients' expectations. Upholding safety and industry standards is integral to our approach, as is  
our flexibility in adapting to evolving challenges and changes throughout the construction  
process, guaranteeing the success and satisfaction of our clients.  
Work With Us

**SERVICES**  
We are  
laying the fo  
passion, cre  
Learn Mo

**Blue Pencil Creation**  
Precision in Every Blueprint, Strength in Every Structure.  
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# Marketing Assets



## HOME IS WHERE **THE START** IS

Unlock the equity in your home with a HELOC<sup>1</sup> and get started on that dream project.

We'll pay up to **\$500.00**  
toward your closing costs<sup>2</sup>

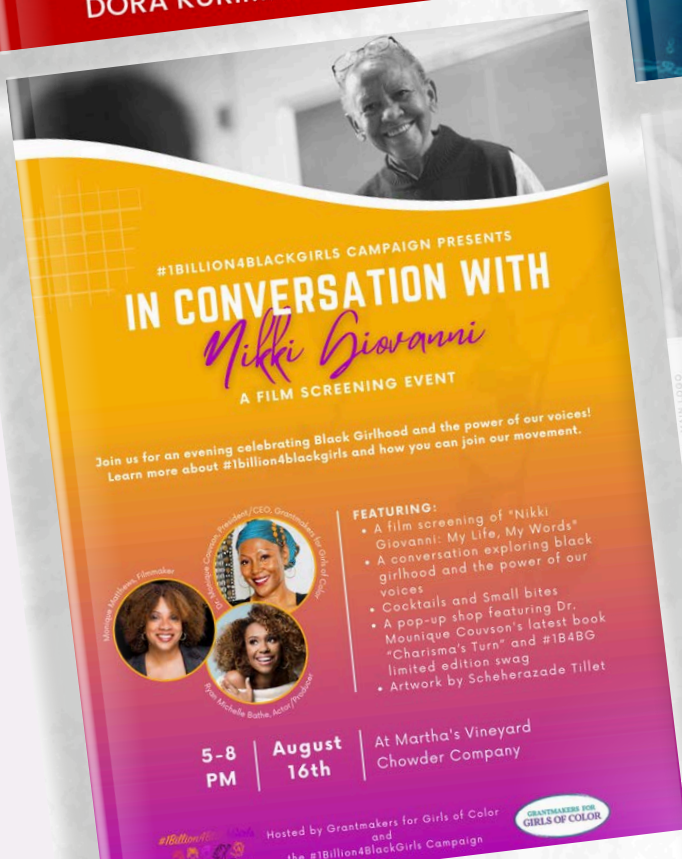
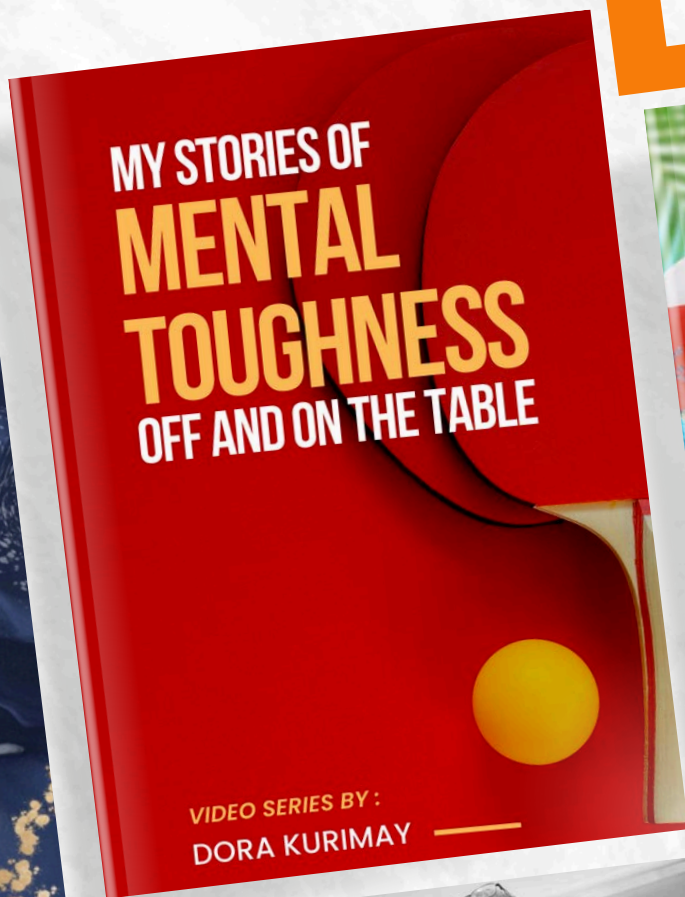
- Rates as low as 7.50% APR
- Fund home renovations and repairs



<sup>1</sup>Not all will qualify. Membership eligibility required. Insured by NCUA.  
<sup>2</sup>Does not apply for purchase transactions. Any other costs outside of the \$500 covered must be paid by applicants.



# Graphic Design





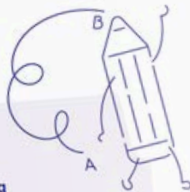
# Book Layouts

## The Case of the Color-Changing Shirt PBA

Through this project, you'll demonstrate your ability to:

Develop a model from a chemical formula.

Use evidence to argue how the structure of matter directly influences its properties.



In this project, you are tasked with solving the mystery of the color-changing shirt as part of a forensic team. By exploring the molecular world, you'll show how different arrangements of atoms in molecules like water ( $H_2O$ ) and hydrogen peroxide ( $H_2O_2$ ) result in distinct chemical properties.

Your goal is to create a 3D model of a molecule.

Did you know?

The paints used in Holi typically come from natural ingredients. The paints are often made from dried sunflowers, marigold flowers, and other herbs or spices like turmeric.



Different coloured powdered paint, used in Holi celebrations.

Holi is also celebrated with singing and dancing, firework displays and offerings of food made to the gods and goddesses. Presents and sweets are shared between families and friends.



Some common foods enjoyed together during Holi are Guliyas (small dumplings), Pakora (vegetable fritters), Dahi Vada (a fried ball of flour and yoghurt), and Barfi (sweet treats made with milk and sugar).

Diwali

**Diwali** is the Hindu festival of light. It lasts for five days and is celebrated around October or November. Diwali comes from 'dipavali' meaning 'row of lights', and symbolises the victory of light over darkness, and knowledge over ignorance.

Diwali remembers and celebrates the famous story of Rama and Sita's return to Ayodhya after defeating the demon king Ravana:

### PERFORMANCE BASED ASSESSMENT

### THERMAL ENERGY TO GO

## SECTION 1

## Understanding Matter



Given that everything is made up of atoms, how do the ways atoms are grouped (molecules) lead to different behaviors in chemical reactions or when mixing with other things?

How do the chemical bonds between different types of atoms determine the physical and chemical properties of these compounds?

# Religious Studies

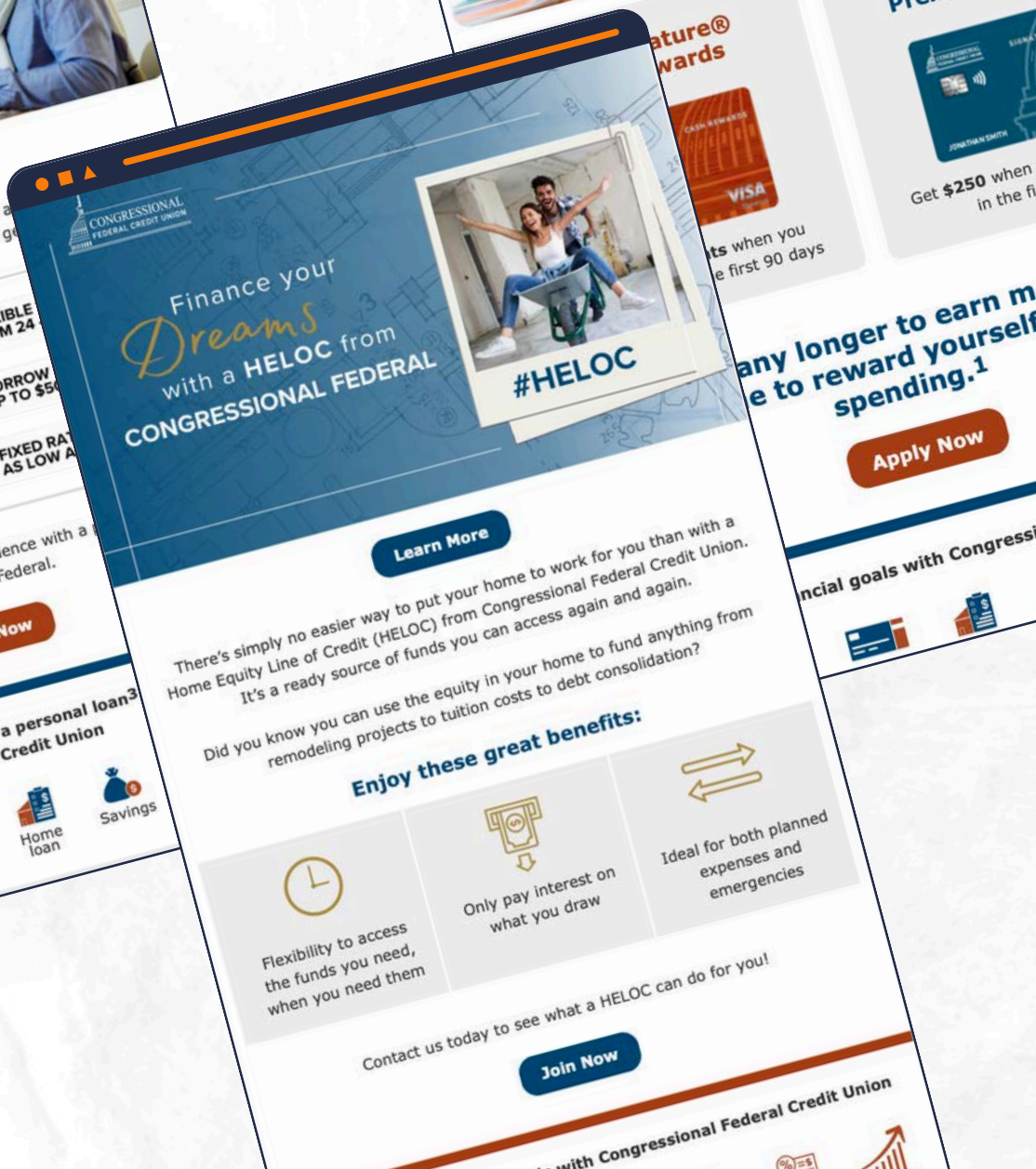
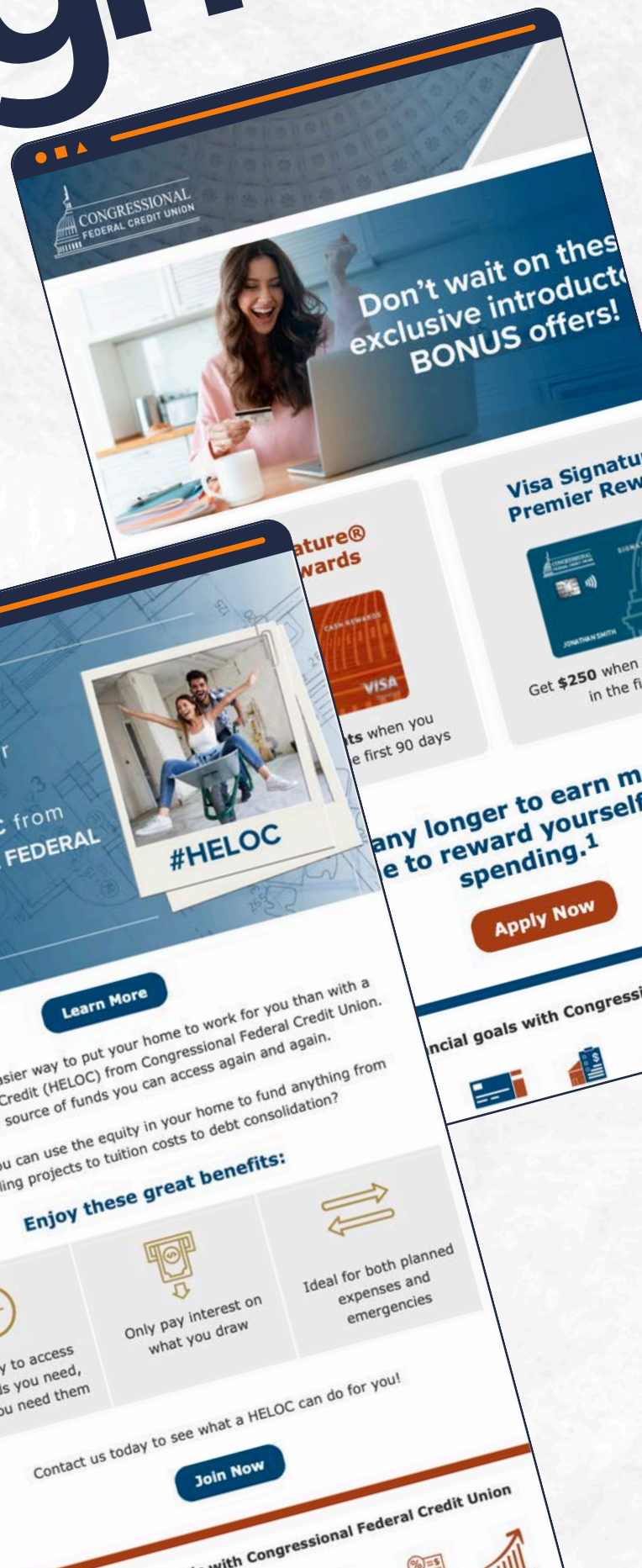
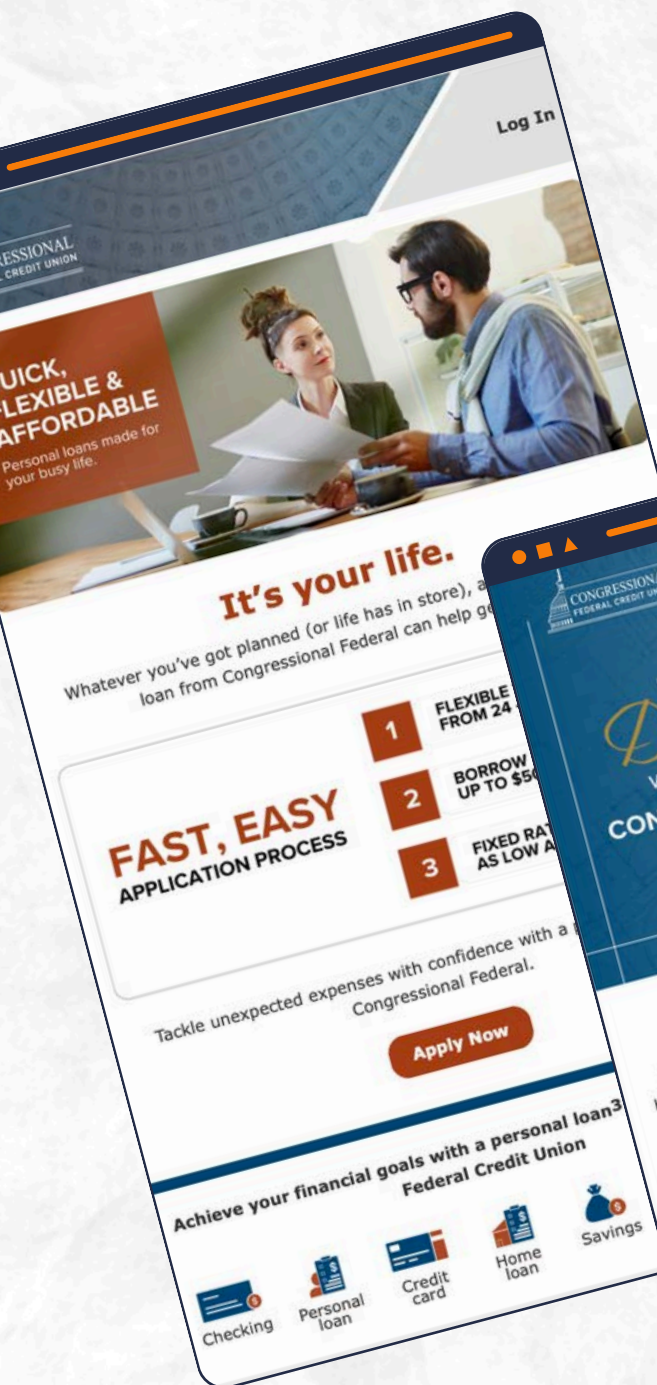
## Key Stage 3

# World Faiths





# Email Designs



# Corporate Presentation



Click the  
presentations  
to flip through

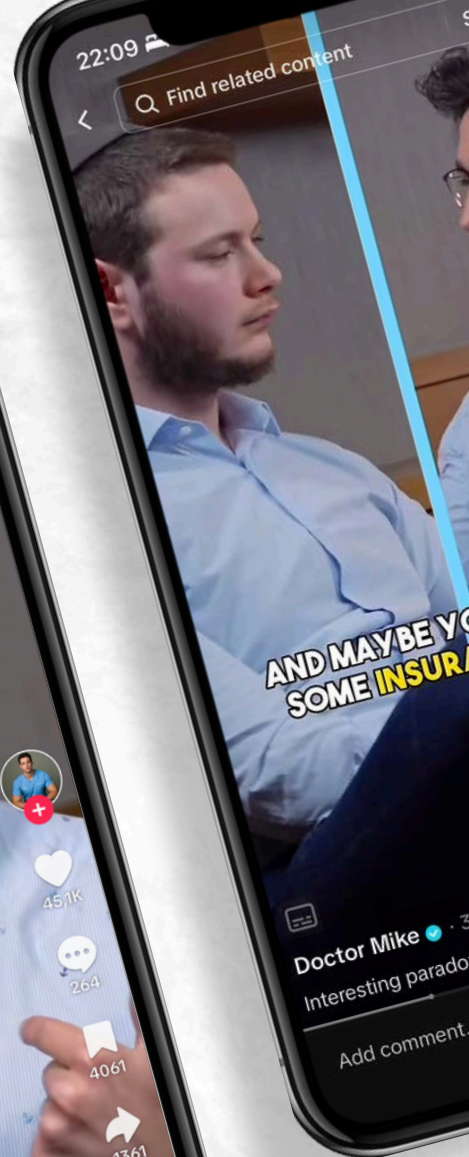


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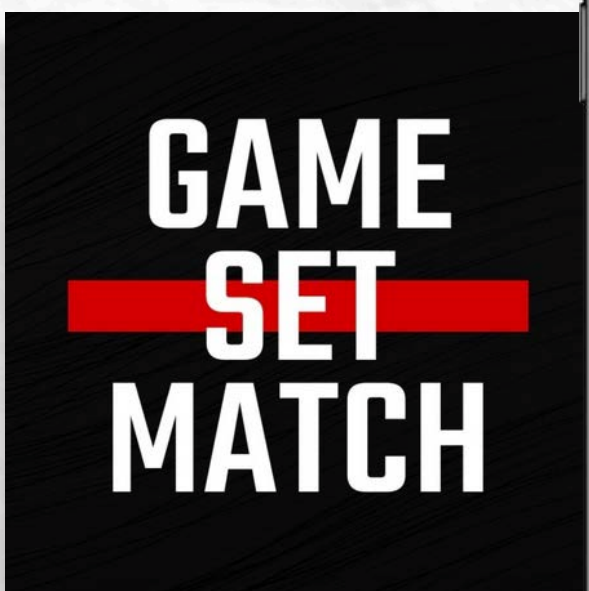


# Speedy

Click the videos  
to watch







# Podcast



# Social Media



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View all 1205 comments

1 DAYS AGO

# Media



100k views

View all 1205 comments

1 DAYS AGO



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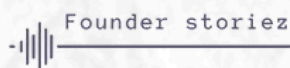
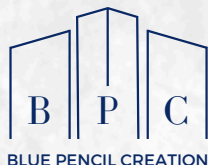
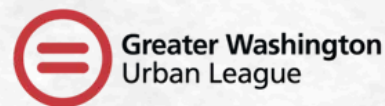
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1 DAYS AGO



# Trusted By





# Reviews

Tamz is an excellent communicator and very professional. I've worked with her several times for research and design projects and she always delivers top quality work. Will definitely be booking more in the future.

**MISSY BONET**  
OWNER OF ACURVYMOM



My relationship with Tamz and NxtGen Services has been extremely valuable to my business. My website is greatly improved, my marketing collateral is greatly improved, and my business is much better positioned for success. I would highly recommend trusting NxtGen Services to support your business.

**MICHAEL HUBER**  
OWNER OF THE FRESHMAN FOUNDATION



I love working with Tamryn and NxtGen Services. I'm happy to say that they've been a great partner to me ever since. If anyone is looking for a partner who can offer a range of services, I highly suggest NxtGen because they make everything so easy. Especially for a new business owner like me. Thanks!

**ZURI BERRY**  
OWNER OF ZMC PODCASTS



Working with Tamryn is a pleasure!

She takes initiative and gives great recommendations, her work is of high quality, quick turnaround, she looks to get the job done and goes the extra mile. Highly recommend!

**Mendel Erlenwein**  
CEO OF PREVIVA HEALTH GROUP



I can't emphasize enough what a great job Tamryn did in building my website. She was extremely easy to work with, very timely in her services, and did everything she could to make sure my website was exactly as I had wanted it.

She went above and beyond what I had expected in a web designer, helping me with my service funnel and giving me great ideas to help grow my business. Although the website does a great job of speaking to her design talents, the customer service she exhibits is really what sets Tamryn apart.

**PATRICIA HUBBARD**  
OWNER OF HUBBS CONSULTING



Tamz is the absolute best!! Once again she provided world class service and met expectations. "I loved my life"! Great

I am so happy with NxtGen Services and I can definitely recommend them to anyone who is looking to take their business to the next level. Thank you!