

# NXTGen Services Portfolio.



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

DOES THIS SOUND FAMILIAR?



PARENTALSHIFT

### Chart Your Path to Consistent Parenting

## Find Your Parenting Flow

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  
Positive mindset  
Training, we learn the  
instead of running  
Providing parenting advice,  
challenged to bring  
and interaction with the  
spent, overwhelmed and  
most.  
I am inviting parents to make  
a negative to a positive



# Website

DORA KURIMAY  
PERFORMANCE COACH

## MOTIVATION

### WHAT DRIVES YOU BEYOND WINNING?



## Dora Kurimay

WORK WITH ME

### 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.



### CREATE YOUR INNER C

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

MIND, BODY AND CHAMPIONSHIP PROGRAM  
FOR PERFORMERS

More Information

BOOK A FREE DISC

SAMSON DUBINA

ADAM BOBROW





# Marketing Assets

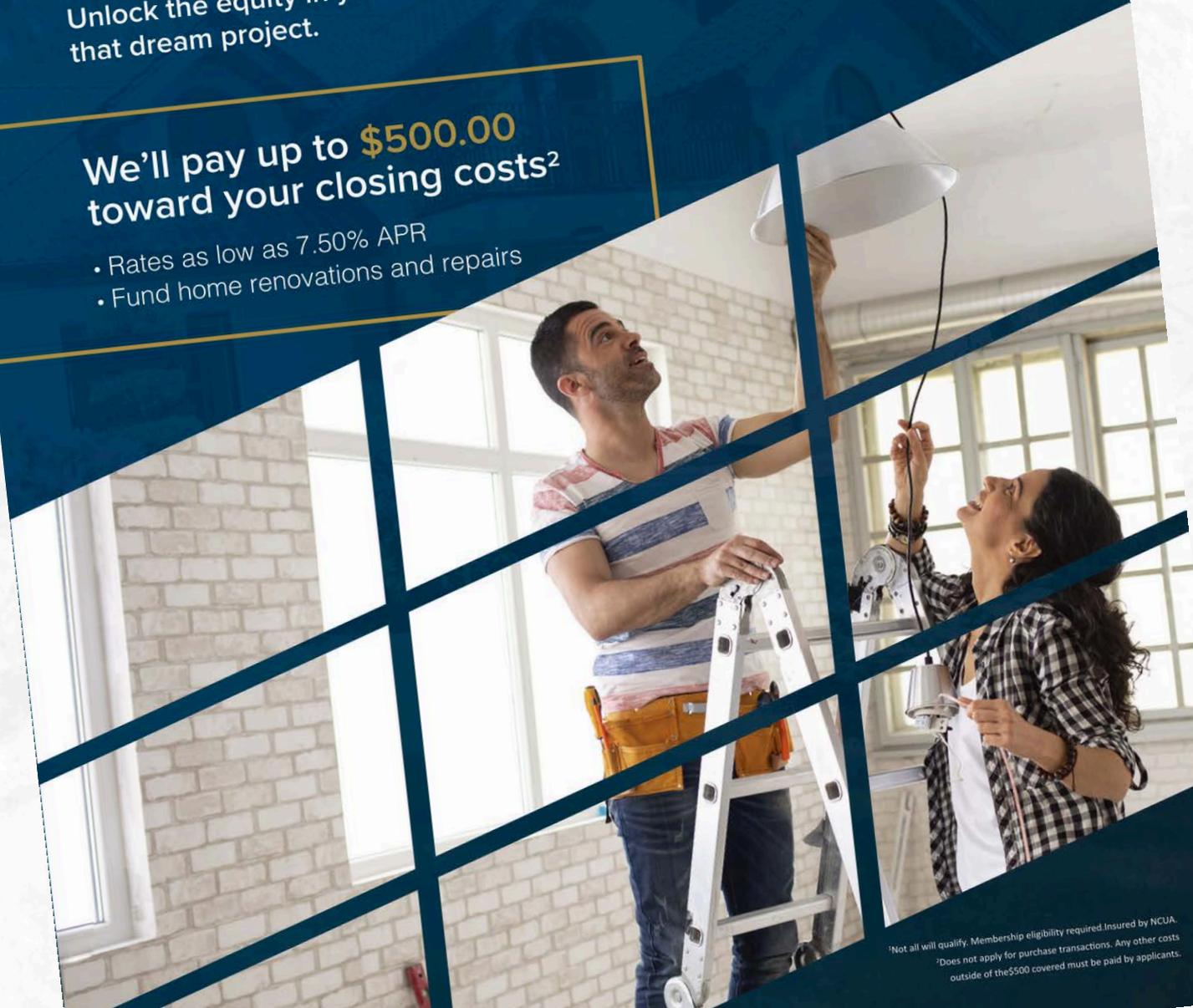


## HOME IS WHERE THE START IS

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.

# Shorts

# Video



Click the videos to watch





# Email Designs



Log In

CONGRESSIONAL FEDERAL CREDIT UNION

QUICK, FLEXIBLE & AFFORDABLE  
Personal loans made for your busy life.

**It's your life.**  
Whatever you've got planned (or life has in store), a loan from Congressional Federal can help get you there.

**FAST, EASY APPLICATION PROCESS**

- 1 FLEXIBLE FROM 24 HOURS
- 2 BORROW UP TO \$50,000
- 3 FIXED RATES AS LOW AS 4.99%

Tackle unexpected expenses with confidence with a personal loan from Congressional Federal.

[Apply Now](#)

Achieve your financial goals with a personal loan from Congressional Federal Credit Union

- Checking
- Personal loan
- Credit card
- Home loan
- Savings

Log In

CONGRESSIONAL FEDERAL CREDIT UNION

Don't wait on these exclusive introductory BONUS offers!

Signature Rewards

Get \$250 when you spend \$1,000 in the first 90 days

Apply Now

any longer to earn money to reward yourself for your spending.<sup>1</sup>

Apply Now

Financial goals with Congressional Federal Credit Union

- Credit card
- Home loan
- Savings

CONGRESSIONAL FEDERAL CREDIT UNION

Finance your *Dreams* with a HELOC from CONGRESSIONAL FEDERAL

#HELOC

[Learn More](#)

There's simply no easier way to put your home to work for you than with a Home Equity Line of Credit (HELOC) from Congressional Federal Credit Union. It's a ready source of funds you can access again and again.

Did you know you can use the equity in your home to fund anything from remodeling projects to tuition costs to debt consolidation?

**Enjoy these great benefits:**

- Flexibility to access the funds you need, when you need them
- Only pay interest on what you draw
- Ideal for both planned expenses and emergencies

Contact us today to see what a HELOC can do for you!

[Join Now](#)

with Congressional Federal Credit Union



# Corporate Presentation



Click the presentations to flip through



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# Podcast

# Social

# Media



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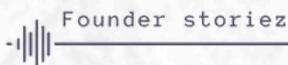
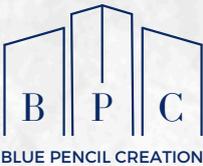
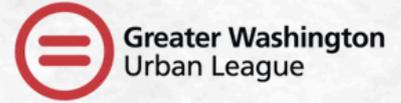
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100k views

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# 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!