

Empowered leaders, elevated teams, transformed results!

About Rena

Rena helps UK leaders build teams that are happier, healthier and truly high-performing.

California-born and UK-based for over 25 years, she blends an American can-do attitude with a distinct Yorkshire twang and a deep understanding of what makes people tick at work.

With more than two decades in operations, learning and development and executive leadership roles across global, multicultural organisations in over 25 countries, Rena has seen first-hand what happens when businesses invest in their people – and when they do not. She designs and delivers practical leadership keynotes and workshops focused on culture transformation, communication that gets results to help managers and executives become the leaders people want to follow.

Most Popular

The Human Code

Understanding Behaviour to Unlock Team Performance



Explore how DiSC behavioural insights can transform communication, strengthen relationships and create more cohesive teams. Helping leaders to decode personality styles and adapt their approach for better collaboration and reduced workplace tension.

Stress-Free Leadership

Building Resilience Without Burning Out



Busy leaders often give their best energy to others and leave little for themselves. This session explores practical tools for managing pressure, delegating effectively and sustaining consistent performance without fatigue.

The Trust Engine

Building the Foundation of High-Performing Teams



Based on The Five Behaviours of a Cohesive Team, this session dives into how trust fuels accountability, results and engagement. Attendees walk away with practical tools to diagnose and strengthen trust within their own teams.

From Manager to Leader

The Shift That Changes Everything



A practical session on evolving from managing tasks to leading people. Discover how to motivate others, create trust and develop your own leadership style while building your dream team.

“Every session is different because every audience is unique.”

Let's start with an initial chat to identify what you're looking for. Then we can work together to select a great topic, decide the right delivery method for your group and which tools could support the session. That might be DiSC, The Five Behaviours, Lego Serious Play or even something completely new.

AUTHORIZED PARTNER



AUTHORIZED PARTNER



TTI
SUCCESS
INSIGHTS.



SERIOUS
PLAY®



Which approach is right for you?



WORKSHOPS

Workshops focus on helping your team **learn** and **practice** the skills that will propel your organisation forward.

Prepare to be guided through high-energy and **thought-provoking** team building exercises tailored to suit your specific goals and needs.

Working in **small groups**, attendees bring their **unique perspectives** to discussions and activities making the learning **accessible** and **actionable** in your organisation's quest to level up.



KEYNOTES

Keynote sessions are all about finding **inspiration** and **motivation** as you look to the future.

Rena engages teams with a **dynamic mix** of stories, stats and an occasional joke. But what will the audience be doing? They'll take an active role too as she prompts **self-reflection** and **collaborative sharing** among attendees.

Get ready to begin building the kind of **momentum** that brings about **lasting positive impact**.

Also available for seminars and panels.

You can look forward to



Actionable tools
you can use
straight away



Deeper insight
into yourself
& your team



Momentum
to create
lasting change

What clients are saying

"action-focused"
"insightful"
"the real deal"

"transformational"
"engaging, fun & practical"
"tremendous benefit"



"I have gained an immense amount of knowledge and confidence from Rena's insightful sessions. The quality of what she does, the way she goes about it, and the fact that she delivers on her promises makes her stand out."

- Peter Daley, Ortus Energy

"Rena is the real deal. She combines high end people and process skills to help achieve key business deliverables. You should take advantage of how she can help you, otherwise you will miss out!"

- Steve Bruckshaw, Appleby Associates

"Rena has been a breath of fresh air in the world of training and business development. I am already seeing the benefits of her approach."

- Elliott Rich, The Alternative Board

"Be ready for a life changing experience. She will add a lot of value to you and/or your business. Been there, done that, wearing the T-Shirt!"

- Eduan Steynberg, TAB ZA

 info@getelevated.uk

 getelevated.uk

 [linkedin.com/in/renacrossley](https://www.linkedin.com/in/renacrossley)

 +44 1423 593 219

 **elevated**
Empowered Leaders. Transformed Teams.