

Biography



Margaret Johnson is a consultant and coach with an engineering degree and an MBA with technical, sales, marketing, training and management experience in the energy industry. Since starting Ideal Training, she has been recognized for her ability to manage business processes to completion, inspire and motivate personnel through coaching and training to develop and achieve goals.

Margaret holds a Bachelor of Science degree in Mechanical Engineering from Michigan State and a Master's degree in Business Administration in Management from the University of Houston Clear Lake. She also holds a professional engineering license and International Coach Federation credentials.

As President of Ideal Training, Inc. she develops and presents training and coaches professionals with a focus on Creativity and Risk Taking. She is an avid indoor cycling and yoga instructor. She applies creativity and encourages risk taking to assist clients in solving problems and opening doors, and to keep her classes engaging



Ideal Training, Inc.

281-648-0380

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Classes Currently Offered

Assert Yourself
Professionally

Getting to
the Root of
the Problem

Habits
for
Excellence

Influencing
Positive Change

Mind-FULL-ness:
The Cure for
INFObesity

The Glass is Half
Full - Shifting
Perception to
Achieve Results

Classes Currently Offered

Assert Yourself Professionally

Recognize situations in which you could be more assertive and learn how to identify the boundaries that need to be set. Plan and practice conversations for successful assertiveness.

Getting to the Root of the Problem

Examine interpersonal relationships as well as business processes and procedures to determine the root cause of problems and issues. Learn and practice problem-solving techniques to apply to all work concerns and develop plans of action for resolution.

Habits for Excellence

Examine your good and bad habits and determine what needs to be modified. Learn high performance habits and techniques to incorporate them into your daily practice. Identify techniques to seek clarity and improve productivity. Determine methods to keep yourself motivated to change and keep positive habits.

Influencing Positive Change

Identify and practice behaviors that lead to positive change in yourself and others and learn how to apply strategies to influence both thoughts and actions. Discover sources of influence to use for change and learn how to implement these new skills to influence positive change in the work environment.

Mind-FULL-ness: The Cure for INFObesity

Learn and practice techniques for high performance habits, focus, filtering, emotional intelligence strategies, meditation, and strategy time to reduce the negative effects of information overload. Identify what INFObesity is and how it affects your performance. Utilize tips to create an action plan and commit with an accountability partner to practice these strategies.

The Glass is Half Full – Shift Perception to Achieve Results

Examine your thinking patterns and learn to look for opportunities rather than problems, strengths rather than weaknesses, and what can be done instead of what cannot. Identify those areas of negativity and change the way you see yourselves, others, and situations, while practicing practical applications.



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