

## Coaching & Mentoring Packages



### **Be the Change Coaching**

Coaching focuses on the inner game of leadership: developing into the person you need to be to fulfill on your biggest visions and most treasured aims. This might include...

- a focus on pursuing purpose, meaning, and new direction.
- building personal qualities such as resilience, courage, and authenticity.
- team leadership qualities such as collaboration, clear communication, and conflict resolution.

Whatever areas of focus you choose, we will co-create a program that sets your inner light ablaze.

### **Practitioner Mentoring**

Mentoring is available for embodiment professionals, somatic coaches, yoga teachers, OD consultants, and leadership development practitioners. This may include...

- consultation on client challenges
- creating a compelling narrative about the value of embodiment
- using embodiment practices in your teaching & coaching

It may also include mentoring around business-building, marketing, and offer creation.

*Some clients choose to engage in a mix of coaching and mentoring in the same package. Together, we will create a program designed to support you in producing your most essential desired outcomes.*

### **Discovery Session / Initial Consultation**

Together we'll clarify your objectives for coaching and identify which package is best for you.

\$195 for 1 hour. Half of this fee is applied to your coaching package should you decide to move forward.

If coaching with me turns out not to be a fit, I will point you towards other resources that are a better match for your needs.

### **Glimmer**

Got a specific challenge that needs immediate attention? A 90-minute Glimmer session will help you see the light. \$500.

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### Coaching Packages

All packages include...

- a reflection tool to help kick off our work
- a jointly designed personal development plan
  - detailing the skills & qualities you need to build to achieve your most desired aims, plus a plan for doing so
- two 50-minute coaching sessions per month (on average; adjusted to suit schedule & circumstances)
- support for developing new awareness and designing new actions to get you what you want
- recommendations for relevant resources and additional learning or support (books, tools, TED talks, etc.)
- ongoing email support, as needed
- bodywork, where indicated and available
- add the FEBI leadership assessment to any package for \$145

	Package	Recommended if...	Price
<b>Spark</b>	4 months* up to 6 sessions	Limited focus; primarily looking for one fairly specific change.  <b>Example:</b> "I tend to rush into action at the expense of results. I need to learn to think before I act."	<b>\$2000</b> <i>(save \$100)</i>  <i>or \$525 /mo</i>
<b>Glow</b>	6 months* up to 9 sessions	2 or 3 areas to address; challenge touches multiple areas (e.g. home, community, work).  <b>Example:</b> "My perfectionism really slows me down at work and causes me to push my kids too hard. Plus, I'm kind of a people pleaser. I wish I could just relax and be myself!"	<b>\$3000</b> <i>(save \$150)</i>  <i>or \$525 /mo</i>
<b>Blaze</b>	9 months* up to 12 sessions	Multiple goals for the coaching; want to tackle a long-held, entrenched problem; big aspirations are asking a lot of you.  <b>Example:</b> "I'm starting a new business and I need help defining direction, delegating effectively, & negotiating with people who want more than I can give."	<b>\$4000</b> <i>(save \$200)</i>  <i>or \$475 /mo</i>

\* Unused sessions forfeited after indicated time period.

**Custom Designs** available; let me hear your idea!

**Individual Sessions** are available to prior clients at an hourly rate of \$295.