

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.

Initial Consultation & Chemistry Check

Together we'll clarify your objectives for coaching and identify which package is best for you. \$95 for 45 minutes.

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 at no additional charge

	Package	Recommended if...	Price
Spark	4 months* up to 6 sessions	Limited focus; looking for one very specific change. Example: "I rush into action at the expense of results. I need to learn to think before I act." OR... "I'm too slow & deliberate. I need to develop a bias for action."	\$2000 <i>(save \$100)</i> <i>or \$525 /mo for 4 months</i>
Glow	6 months* up to 9 sessions	A couple of goals for the coaching, and/or those goals touch more than one area of life. Example: "My perfectionism slows me down at work and causes me to push my kids too hard. I wish I could just relax and be myself!"	\$3000 <i>(save \$150)</i> <i>or \$525 /mo for 6 months</i>
Blaze	9 months* up to 12 sessions	Multiple goals; challenge touches several areas (e.g. home, community, work). Example: "My family is moving and that's impacting my career trajectory, plus it's bringing up some tensions at home."	\$4000 <i>(save \$200)</i> <i>or \$475 /mo for 9 months</i>
Inferno	12 months* up to 16 sessions	Multiple goals for the coaching; want to tackle a long-held, entrenched problem; touches many areas of your life; big aspirations are asking a lot of you. Example: "I'm starting a new business and I need help defining direction, delegating effectively, & negotiating with people who want more than I can give."	\$5000 <i>(save \$340)</i> <i>or \$445 /mo for 12 months</i>

* Unused sessions forfeited after indicated time period.

Individual Sessions are available to prior clients only at a special hourly rate. Email support@embright.org for details.