

# TRANSITIONAL COACHING

***Package tailored specifically to your needs.***

Life has many twists and turns. When you're in a life-shifting transition, support, encouragement, and inspiration can be just the help you need to move through the change in the way you'd like – and end with a result you can feel good about!

This coaching package offers you exactly that – a shorter term package to help you through the transitional times of life.

## HERE'S THE LOGISTICAL PROCESS:

### **What we'll do together**

Decide how often you'd like to meet. If you're a self-starter and enjoy intensive journaling and contemplation, once a month sessions with me and reflective time alone may be perfect for you. Alternatively, if you prefer to check in more regularly, twice a month allows you time to still reflect privately and have time to share your insights routinely. It's up to you.

Then, complete the application and return it to me. The application actually begins the process. You may notice the launching of key insights as you complete the questions!

Once I receive your application and confirm availability for our time together, I will send you an email with your payment link. Please pay promptly to secure your spot.

Our sessions will be held via Zoom. I'll send you the links prior to our time together. Please be prepared with webcam and earbuds. If you don't currently have Zoom, please download the free link in advance.

These are the steps we'll take together:

### **1. Our work will begin with an Assessment**

The assessment will evaluate current status of body, mind, emotions and spirit to determine what is working for you, what elements are static, and which are blocking with your current situation. We'll do that through mental, emotional, and spiritual assessments, utilizing certifications in Neuro-linguistic programming as well as my experience and certifications as a certified life and executive coach.

This allows us to establish a foundation. What are your values, your strengths – and ultimately, your vision – and how do they all relate to where you are currently in life?

## **2. Then we start**

Forward motion appears differently in times of transition. Sometimes it can involve standing still – and accepting that. Other times it can involve clearing obstacles and charging through the blocks.

We'll look at your situation and then develop your course to “move forward” – even if that means standing still. Mindset is powerful and can be a force to create or destroy. Let's make sure it's working in the way you'd like.

The areas we'll focus on include:

- Understanding yourself and your life purpose
- Your values and strengths
- Current vision and dreams
- Existing strategies
- What language are you using?
- Building the vision you choose
- Creating a world that works for you

## **3. Action Plan**

The strategies and tools we find effective in not only clearing your blocks but in moving you to the next step will form your Action Plan. You'll also develop a ToolKit (Template of Alignment) for continued growth and support.

We'll meet via Zoom, or if prearranged, in person at the frequency you've determined. You'll be supported in between those sessions via email.

At the end of our six months together you will have

- clarity and peace of mind
- a foundation from which to operate (values, strengths, purpose)

- strategies to navigate in the way you choose– mindset tools
- strategies to move through habitual patterns of sabotage
- conviction in your values, strengths, and purpose
- confidence in your direction
- an Action Plan
- a Toolkit of resources to support you

Individual hours coaching, Assessments, Worksheets, Resources, ongoing email support included

**PRICE: \$300 - 500/month (3 month minimum service contract)**

Optional services available:

Physical assessment using biomechanical approach certified via Balanced Body Pilates & Integrative Yoga Therapeutics, energy clearing, and meditation instruction. Please inquire.