



COACHING *program*



COACHES *Training*

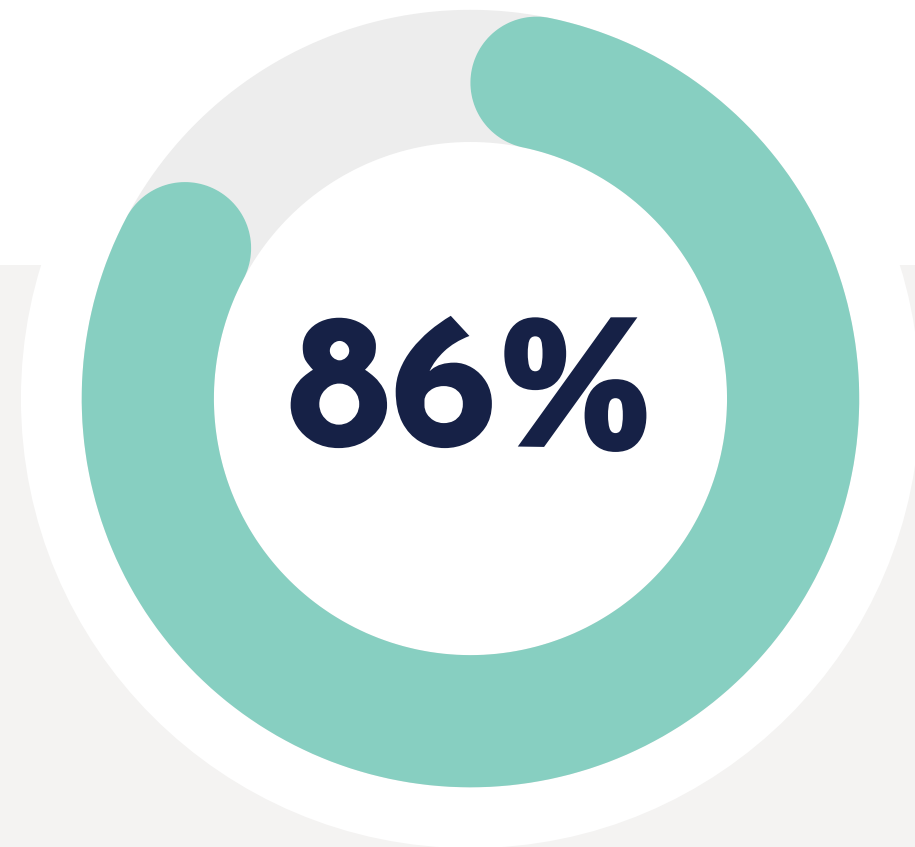




QUESTION

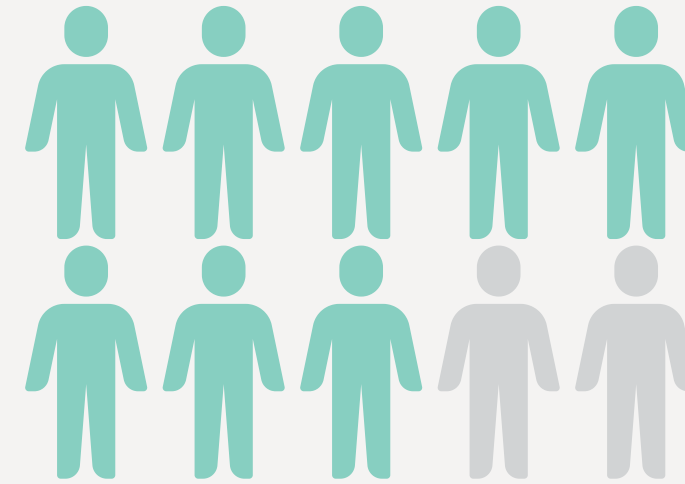
what makes for a meaningful and fulfilling life?

THE PROBLEM...



of employees say ineffective communication is what causes workplace failures.

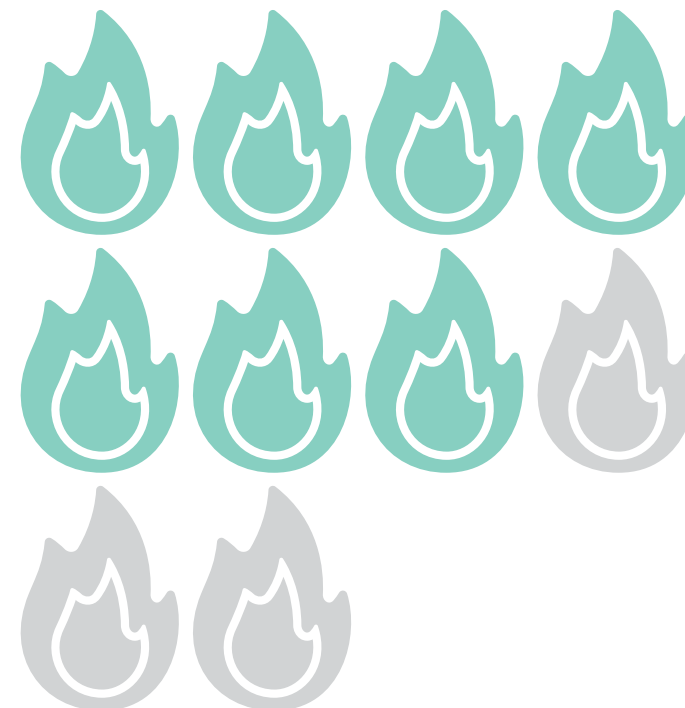
- Salesforce



85%

of employees are *not* engaged in the workplace.

- Gallup



76%

of employed Americans are currently experiencing worker *burnout*.

- The Harris Poll

HOW WE CREATE *The solution...*



73%

of purpose-oriented employees
are satisfied in their jobs

- *LinkedIn*



Companies rated
highly in company
culture outperform
their peers in revenue
performance by 4X.

- *Forbes*

89%

of HR leaders believe *peer
feedback* enhanced their
organizational culture.



HOW WE CREATE *The solution...*



Fullfillment

is the reason **90%** of people would be willing to leave their jobs for less money.



EQ

is the strongest indicator of job performance, responsible for **58%** of workplace success – Inc.



THE PROGRAM

One 60-minute team experiential workshop per month, led by a Master Coach.

GUIDED WORKSHOP



PERSONALIZED COACHING CALL

Two 60-minute calls per month with your coach for the first 6 months. One 60-minute call with your coach for every month following.



ADDITIONAL ELEMENTS

Financial Planning Coaching + Support



HELPING PEOPLE FIND MEANINGFUL CAREER PATHS
AND CREATE LIVES *fueled by passion and intention.*



Our well-rounded approach to career coaching ensures that all of these areas are thriving:





Workshops

Experiential learning with team break-out sessions for integration.

1

Clarity

2

Well-Being + Habits

3

Mindset

4

Relationships

5

Productivity + Focus

6

Confidence



COACHING EFFECTIVENESS

energetics + style

BUILD RAPPORT & TRUST

Together is the foundation of transformation ●

Us figuring out life together ●

Authenticity ●

MEET THEM WHERE THEY ARE

● Language Ecology

● Vocal Pace & Tone

● Empathy



CHALLENGE

Be interruptive to patterns and blindspots ●

Provide feedback (w/ permission) ●

Help them see what's possible ●

AVOID

● "just talking to a friend"

● Feelings of being "fixed"

● Feeling "interrogated"



authenticity
I experience the real you.

TRUST

logic

I know you can do it; your reasoning and judgement are sound.

empathy

I believe you care about me and my success.



The

GROWTH EQUATION

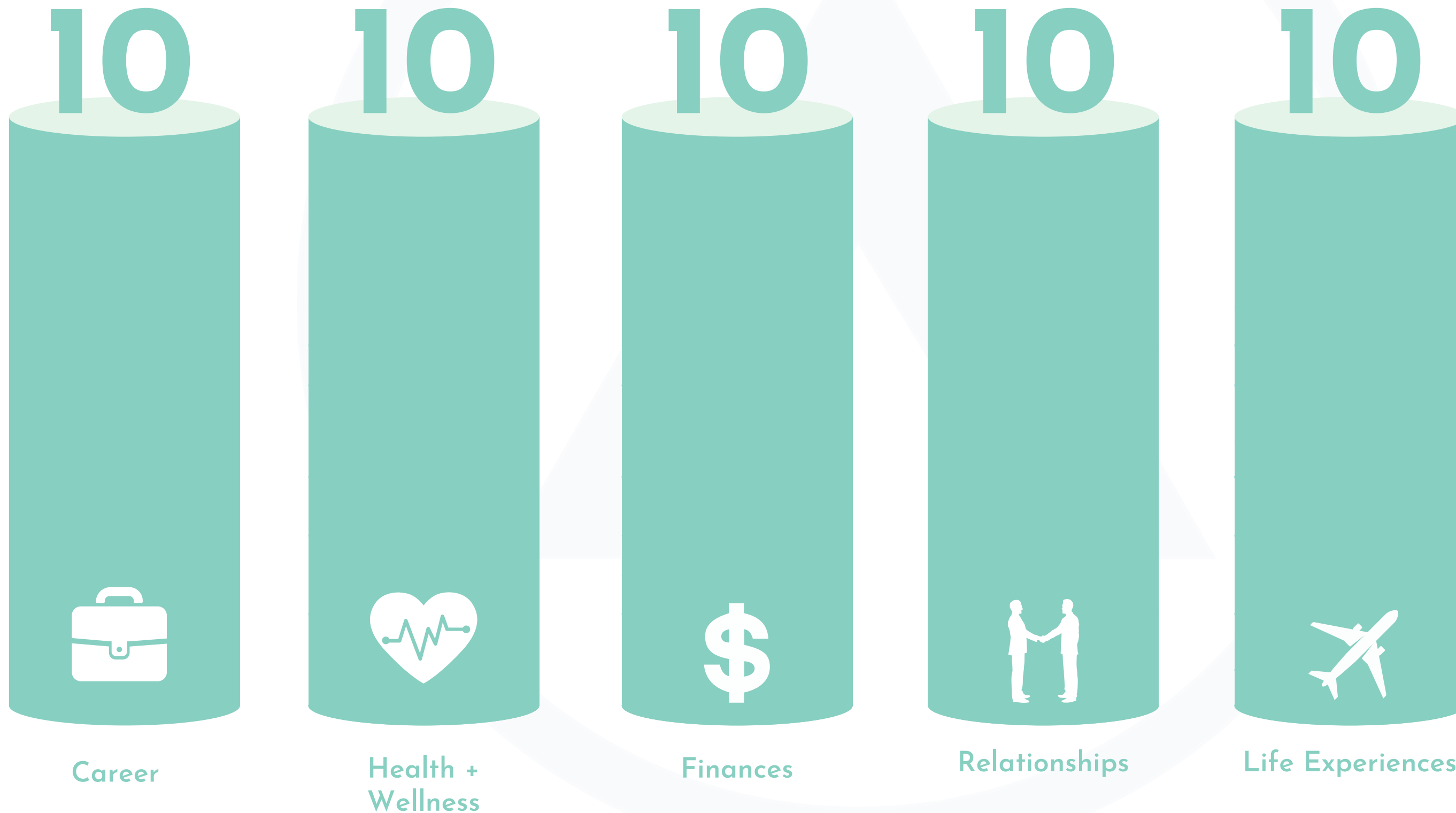
GROWTH = clarity + habits - limiting beliefs



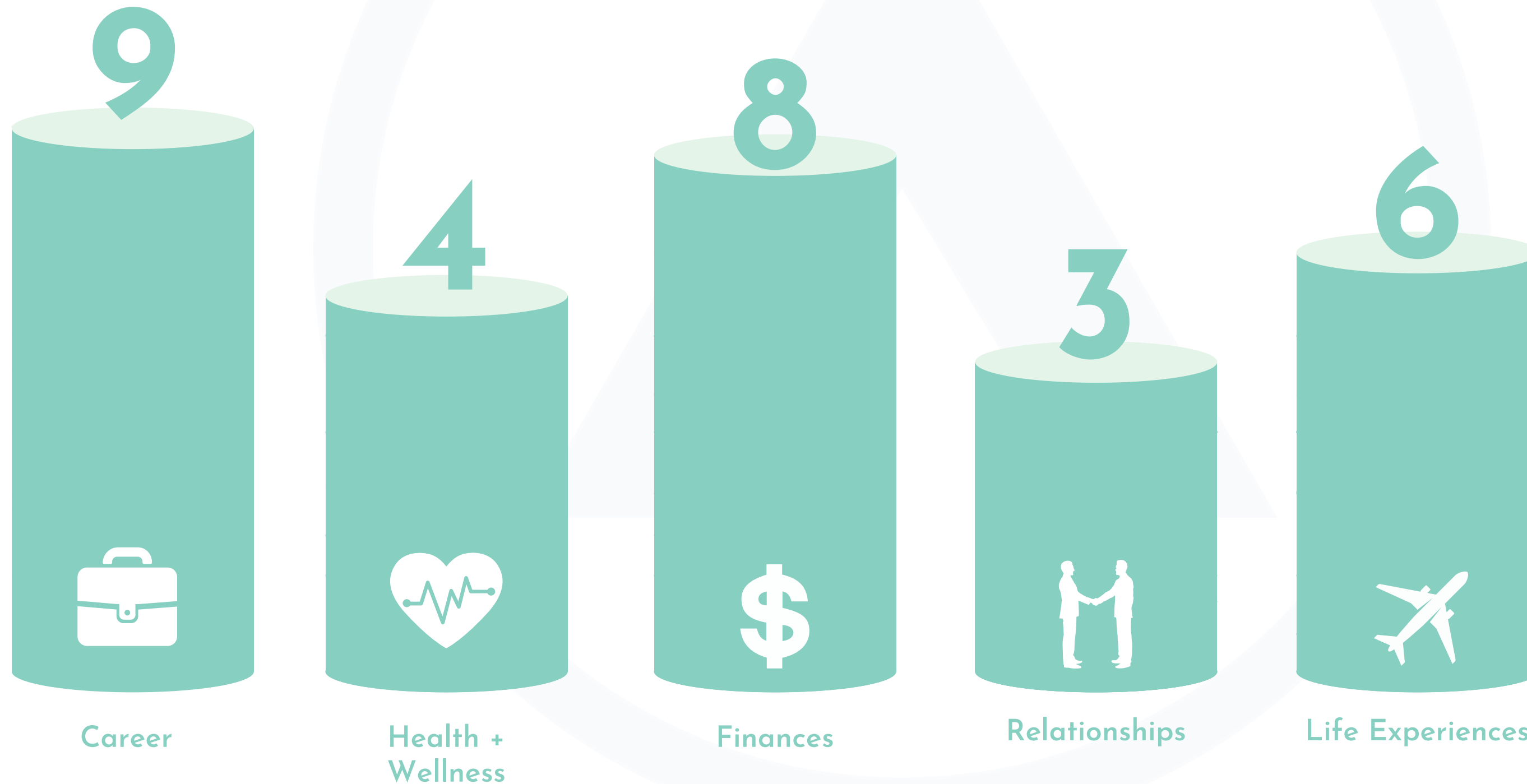
clarity



THE 5 *pillars*...



THE 5 *pillars*...





THINKING ABOUT THE 5 *pillars*...

1

WHAT'S WORKING?

2

WHAT'S *not* WORKING?

3

WHAT DOES A LEVEL 10 LOOK LIKE?

- CAREER
- HEALTH + WELLNESS
- FINANCES
- RELATIONSHIPS
- LIFE EXPERIENCES



WE MUST

understand...

- ✓ Their envisioned future
- ✓ Their current existing situation
- ✓ What they hold most meaningful (values)



habits





5%

CONSCIOUS MIND

95%

UNCONSCIOUS MIND

THE 5 STAGES *of learning*

1

UNCONSCIOUS INCOMPETENCE
you don't know what you don't know

2

CONSCIOUS INCOMPETENCE
you know you don't know

3

CONSCIOUS COMPETENCE
requires focus and conscious attention

4

UNCONSCIOUS COMPETENCE
(it's 2nd nature)

5

MASTERY



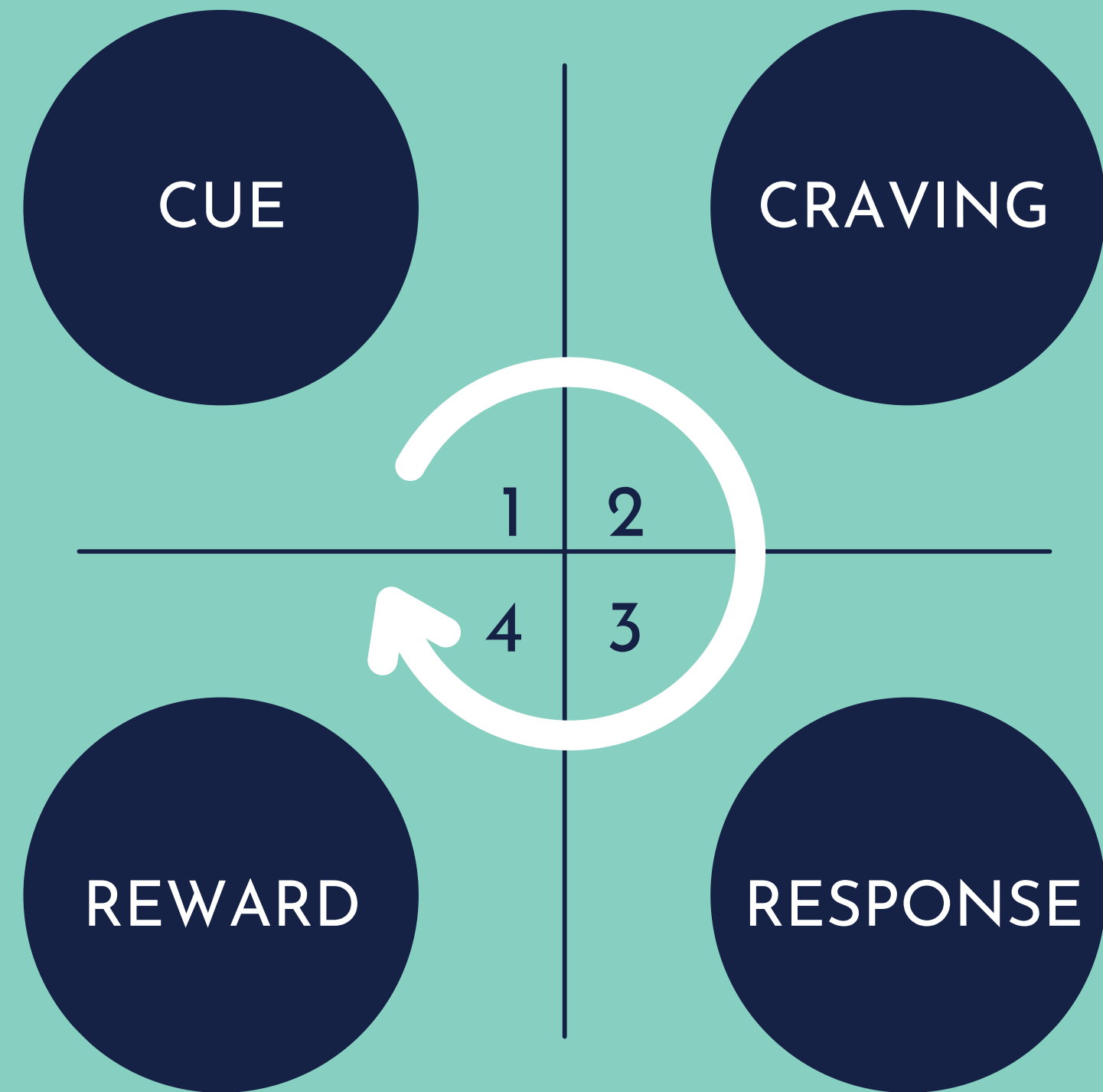


Until you make the unconscious conscious, it
will direct your life and you will call it fate.

CARL JUNG

THE HABIT

loop



KEYSTONE HABITS SUPPORTING Stress Management + Well-Being

- Adequate Sleep 
- Reflecting on Your Day 
- Healthy Relationships + Environment 
- Meditation 
- Hydration 



- Consistent Morning Routine 
- Plan Your Day 
- Recalibrating (Taking Breaks) 
- Nutritious Diet 
- Exercise 



THE POWER OF *Tiny gains*

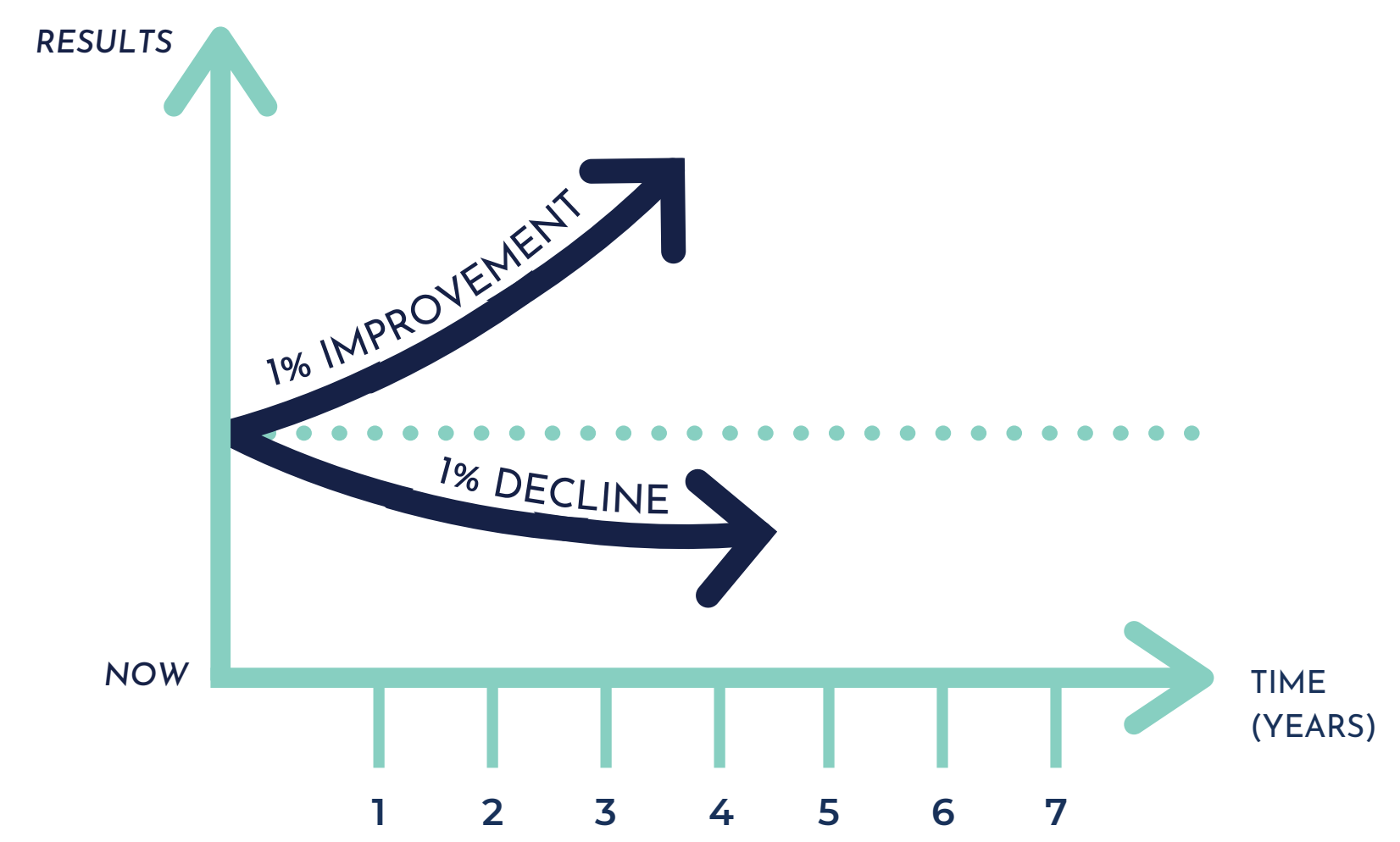
1% **BETTER** EVERY DAY

$$1.01^{365} = 37.78$$

1% **WORSE** EVERY DAY

$$0.99^{365} = 0.03$$

THE COMPOUNDING EFFECT OF 1% IMPROVEMENT PER DAY





Every action you take is a
vote for the type of person you wish to become.

JAMES CLEAR



BELIEF

systems



FIXED MINDSET



Intelligence is *static*

Leads to a desire to look smart and therefore a tendency to:

AVOID CHALLENGES

GIVE UP EASILY

SEE EFFORT AS FRUITLESS OR WORSE

IGNORE USEFUL NEGATIVE FEEDBACK

FEEL THREATENED BY THE SUCCESS OF OTHERS



GROWTH MINDSET



Intelligence *can* be developed

Leads to a desire to learn and therefore a tendency to:

EMBRACE CHALLENGES

PERSIST IN THE FACE OF SET-BACKS

SEE EFFORT AS THE PATH TO MASTERY

LEARN FROM CRITICISM

FIND LESSONS AND INSPIRATION IN THE SUCCESS OF OTHERS



EQ - THE #1 INDICATOR OF

business success

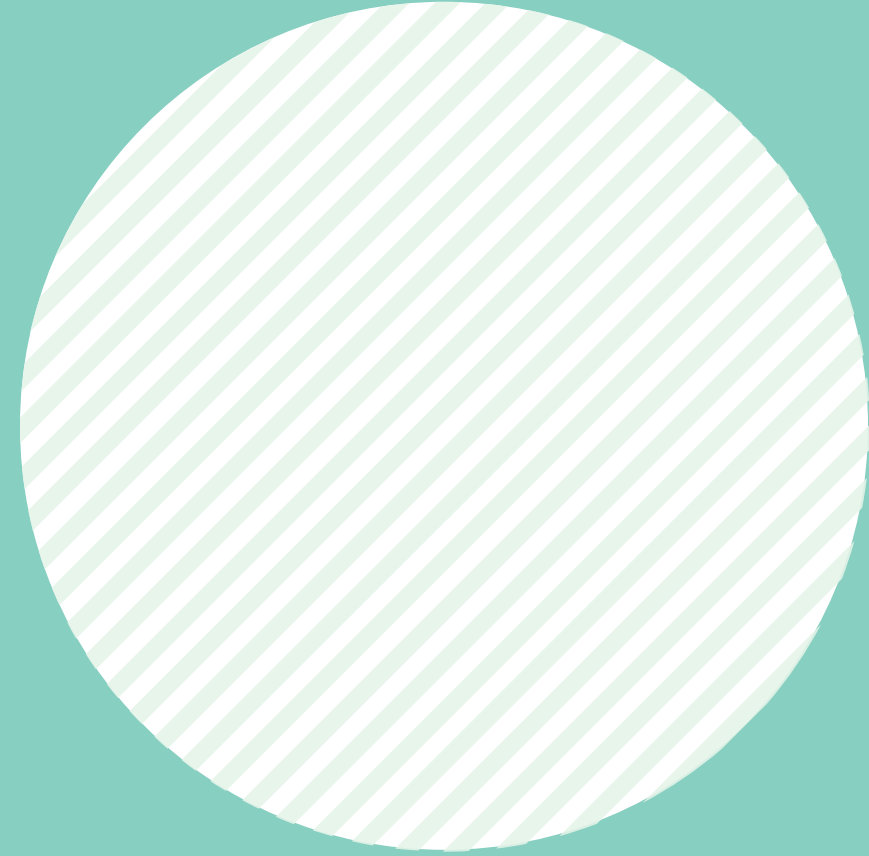


of top performers score high on emotional intelligence.

- People with high emotional intelligence earn, on average, **\$29,000** more annually than those who score low on EQ
- A 40-year study of PhDs found that EQ was **400%** more powerful than IQ when predicting who would have success



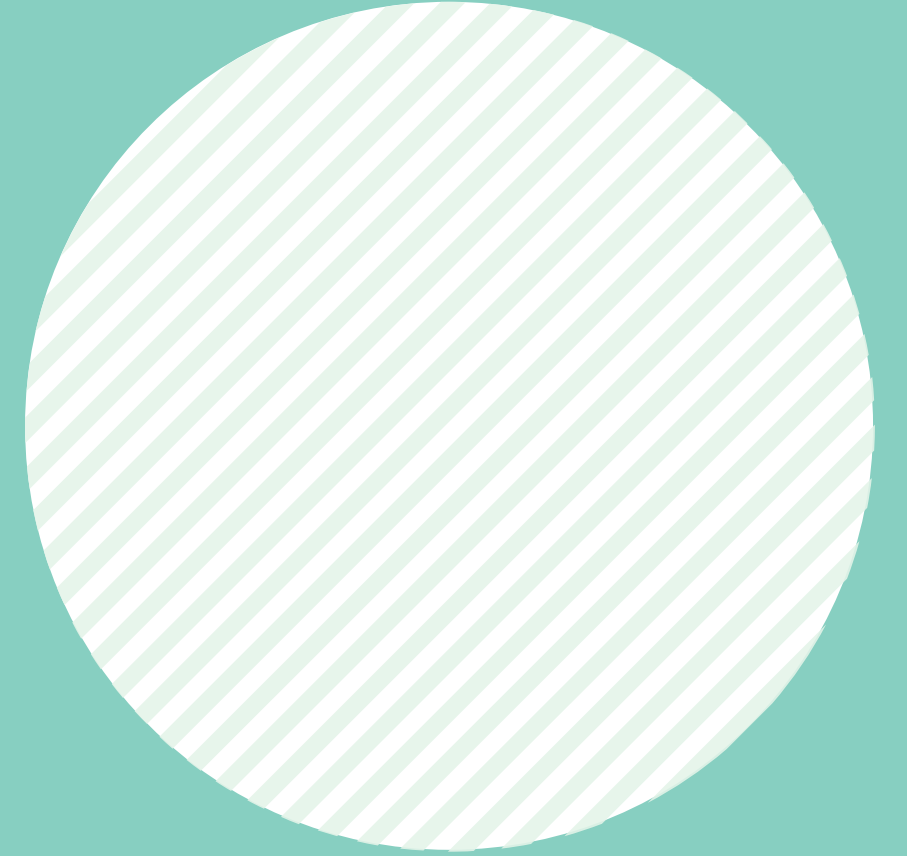
your beliefs



you



your reality



WHAT WE BRING

To the company culture...

- The skills and tools to navigate challenging conversations
- Radical responsibility
- Collaboration and TEAM
- Engagement and passion
- Confidence, boldness and innovation





RESOLVE

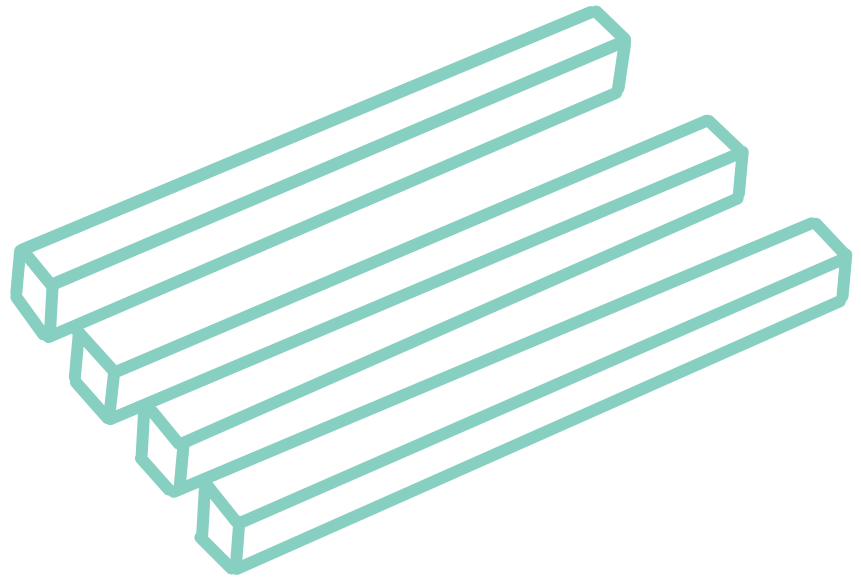


REACT
or avoid



PERSPECTIVE

FOUR!



**NO,
THREE!**





CLEARING *conversations*

Gaining perspective alignment through conversation after an event that has created disconnection and serves as a powerful tool to resolve conflict.

GUIDE TO

Clearing conversations



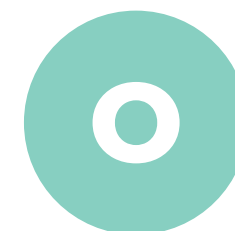
Situation



Story



Examples



Other Perspective



PRE-FEEDBACK

checklist

T

✔ is it the right *time*?

E

✔ is it the right *environment*?

U

✔ is it *useful*?



IF YES TO TEU,

Then...

- Are you open to some feedback about _____?
- What is working
- What you notice
- Your assumptions/story/perspective
- How you'd like to move forward



The Power of *appreciation*

