

Individual Coaching

Overview

Coaching is a solution-focused, action-oriented partnership, guided by a certified professional using a specialized methodology, that challenges you to take the time to focus on what you really want and helps you discover and breakthrough what is holding you back from success.

What to Expect & Pricing

The experience will include twelve individual sessions designed to quiet your mind and reenergize your heart and support you in designing step-by-step action plans for achieving your goals, and holding yourself accountable for taking action. The experience will include guided exercises, thought-provoking, and reflective questions to explore core values, unpack limiting beliefs, set goals for the areas you want to improve, determine obstacles to success, etc.,

QUANTITY	FORMAT	TOOLS
<ul style="list-style-type: none">twelve, fifty-minute, individual sessions	Zoom or Phone	<ul style="list-style-type: none">Energy Leadership AssessmentCliftonStrengths AssessmentJournal to capture insights

\$1,500

Target Audience

INTENDED FOR ...	<p>Those wanting to understand their strengths, develop energy awareness, feeling stuck, in transition, wrestling with what's next, and more traditional topics such as:</p> <ul style="list-style-type: none">Emotional IntelligenceChange ManagementConflict ManagementDecision MakingBuilding AlignmentDiversity and Inclusion
-------------------------	--

Registration Process

1. Complete the Registration Form [coming soon].
2. Once registered, you will receive an email with payment instructions.
3. Participation and log-in information will be confirmed via email in 10-14 days.

EMAIL	PHONE NUMBER
simplyworshipllc@gmail.com	424.610.1025
