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# Programs

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Free 30 minute consultation to help you understand what coaching can do for you

## Energy Leadership Assessment & Debrief Session

11-page assessment report & 90 minute debrief coaching session

## Five to Thrive

This 5 session series is focused on helping you improve yourself: reduce stress and create a greater sense of purpose, fulfillment and energy.

- Energy Leadership Index Assessment & debrief coaching session
- 11-page assessment report
- (4) 60 minute sessions to work on discoveries from your debrief as well as anything else you want to cover
- Email support between sessions

## Break Through Coaching Session

This is a 12 session series designed to help you stretch and really grow. Discover your vision and goals, work on your career desires and values so you understand what is really holding you back from being who you want to be.

- Energy Leadership Index Assessment & debrief coaching session
- 11-page assessment report
- (11) 60 minute individual coaching sessions
- Simple action plans between sessions
- Quick chats between sessions if needed
- Email support between sessions

## Let's Check In

For clients who have finished a regular coaching commitment. This mini program is conducted via phone or video conference (Skype / Facetime) and will focus on a specific challenge you are experiencing.

- (3) 30 minute sessions to be spread out however you want (weekly or 1 per month)

\* Payments are made prior to each session via credit card or Paypal.

I have clients living in the US, Europe, Central America, and Canada, so coaching sessions can be via phone, Skype, FaceTime, in person, or any combination.



[Set up an appointment today!](#)