

Become . . . Transform . . . Perform

Coaching Services

Strategy Session - Your opportunity to collaborate with a coach approach to your dreams, goals, and vision.

Laser Coaching – A succinct coaching experience to address a current decision to be made, goal to be met, or dream to pursue.

Vision Coaching – An opportunity to discover and implement assessment results into your personal vision. You will explore your drivers, your passion statement, and design your next steps to fulfillment.

Personal Transformation Coaching – Coaching designed to shift forward into your “new story” with strong intentionality - leaving your “old story” behind. We will overcome the triggers, blocks, & saboteurs keeping you from moving forward. Then we will up-level into “Go Mode” - giving yourself permission to succeed.

Performance Acceleration Coaching – Leverage and execute out of your top strengths and “superpowers.” Define what success looks like for you within your joyful identity. We will focus on relational sales, client attraction, and marketing your message.

Leadership & Team Development – For the small business entrepreneur . . . we will customize a full package including executive strategies, key assessments, team communication, and transformational benchmarks to scale your business.

Leadership Intensive – For executive leaders . . . a deep dive into business success strategies and leadership transformation.

Group Coaching – rotating topics for personal growth.

Splankna Energy-Clearing - Splankna attends to the way our bodies store emotions like frequencies. A simple combination of “touch and thought” allows the body to release these stored emotions, thus attending to the body and soul. When the stored trauma emotions behind a symptom are relieved, Splankna helps the client understand and remove the destructive vows, lies, and blocks associated with those traumas in Body, Soul and Spirit.



Assessments

Life Pattern Test - Taylor Johnson Temperament Analysis

Strengths-Finder 2.0 by Tom Rath - purchase through Amazon/ bookstore

9 Saboteurs Assessment - positiveintelligence.com

WPESS Enneagram

Discover Your Spark – www.sparketype.com



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