ESSENCE *Of*
STRENGTH
helping healers be well

COACHING PROGRAM OPTIONS

PROGRAM	SUCCESSFUL TRANSITIONS JUMPSTART	SELF CARE FOR SUCCESS	SUCCESS WITH EXTRA SUPPORT
PROGRAM LENGTH	1 month	6 months	18 months
DESCRIPTION	This program is best for clients who need help with action planning regarding a particular transition (career, relationship, move, etc). This client has the appropriate tools, support systems and accountability necessary to achieve intended results once next steps and initial strategies have been clarified.	This is the most popular program among clients looking to establish and maintain the habits that promote successful transitions in their lives. They seek accountability and insight as they identify and implement the strategies that support personal and professional success and well-being.	This program is designed for clients who desire continued accountability after completing the Self Care for Success coaching program. It includes the elements of the standard program with 4 additional quarterly meetings to provide continued support with implementing the tools consistently.
COACHING TOOLS	life purpose facilitation*; vision mapping	life purpose facilitation*; vision mapping; well-being assessment; results game; guidelines for living; personal organization system; re-careering facilitation; regular clarity, strategy and accountability meetings	life purpose facilitation*; vision mapping; well-being assessment; results game; guidelines for living; personal organization system; re-careering facilitation; regular clarity, strategy and accountability meetings
MEETING NUMBER	2+1 meetings	8 meetings	8+4 meetings
MEETING FREQUENCY	Every 2 weeks	Every 2-3 weeks	Every 2-3 weeks then every 3 months
CHECK-INS	N/A	E-mails Between Meetings	E-mails Between Meetings
MEETING LENGTH	2 – 90 minute coaching meetings 1 – 30 minute check-in meeting	2 hours each	8 – 2 hour coaching meetings 4 – 90 minute coaching meetings

*Life Purpose Facilitation available as a stand-alone meeting.