

Individual Coaching Process

Invest in yourself by taking advantage of individual coaching. Below is the four-phase process we will embark upon to accomplish your goals.

Phase I: What's Going On?

This is the discovery phase. We will spend time asking the who, what, where, when, and why questions. During this phase we work to understand where you are now and how you got there. We determine your strengths, challenges, opportunities, and threats. This gives us a foundation to work from.

Phase II: What's The Mission?

Next, we need to determine what you would like to accomplish. The following are some examples:

- Be a better leader
- Inspire your team
- Time Management
- Career Advancement
- Interviewing Skills
- Grow networking skills
- Find that perfect job
- Save my job

During this phase we will narrow our focus to what is really important to you. That becomes our mission.

Phase III: What's The Price?

We are not talking money here! Everything has a price. In order for you to accomplish your goals it's going to take effort. It is also going to take a reality check! During this phase we count the cost. We determine what you have to do in order to reach your goals and if you are willing to put in the work to make them happen.

Phase IV: What's The Plan?

Finally, we create the plan to reach your mission. This will be a written plan that includes the following:

- An outline of your mission
- Strengths, Challenges, Opportunities, and Threats Analysis
- Short, intermediate, and long term goals
- Action plan of to-do's with completion dates
- Follow-up Schedule (includes three 15 minute follow-up calls)

What's Included?

- Three one-hour sessions
- Written Plan
- After initial process discounted rate of \$40 per hour for sessions
- 10% discounts to any Purple Approach Leadership Event

Contact me today to set up a free 20 minute consultation to learn how I can help you.

