



1:1 Coaching Packages

All Coaching Packages include:

- An initial planning meeting to set shared goals for your coaching support
- Regular 1:1 virtual coaching calls with [an experienced Leadership Coach](#)
- Customizable planning tools and templates
- Compassionate accountability and email/text support to troubleshoot and celebrate progress along the way

[Option 1] 8 Session Package

After initial planning & goal setting meeting, 8 hour long 1:1 coaching sessions and aligned support in service of the following goals:

- Identify what matters most for you to thrive in your current role and real life context.
- Develop both technical solutions (e.g. planning tools & strategies) and adaptive goals or habits that mitigate barriers to sustainability in your current context.
- Prioritize 2 high impact focus areas aligned to your needs and goals, such as:
 - A reliable weekly routine or “blueprint” that allows you to balance your top professional and personal priorities in a typical week.
 - Planning habits that support sustainability (e.g. effective delegation, prioritization, and proactive time management).
 - Longer term strategic planning for your top professional priorities aligned to a designated time horizon (i.e. annual, semester, quarterly).
 - Personal planning routines to intentionally prioritize what matters for your personal life at key time horizons (i.e. annual, quarterly, monthly, etc).
 - Role capacity mapping to test for overarching feasibility, prioritize, and reset responsibilities to right size the demands of your role.
 - Systems and routines to break down large goals into manageable steps and manage core priorities more seamlessly.
 - Templates to streamline common processes (e.g. event planning routine, common projects in your context).

[Option 2] 16 Session Package

After initial planning & goal setting meeting, 16 hour long 1:1 coaching sessions and aligned support in service of the following goals:

- Identify what matters most for you to thrive in your current role and real life context.
- Develop both technical solutions (e.g. planning tools & strategies) and adaptive goals or habits that mitigate barriers to sustainability in your current context.
- Prioritize 3-5 high impact focus areas aligned to your needs and goals, such as:
 - A reliable weekly routine or “blueprint” that allows you to balance your top professional and personal priorities in a typical week.
 - Planning habits that support sustainability (e.g. effective delegation, prioritization, and proactive time management).
 - Longer term strategic planning for your top professional priorities aligned to a designated time horizon (i.e. annual, semester, quarterly).
 - Personal planning routines to intentionally prioritize what matters for your personal life at key time horizons (i.e. annual, quarterly, monthly, etc).
 - Role capacity mapping to test for overarching feasibility, prioritize, and reset responsibilities to right size the demands of your role.
 - Systems and routines to break down large goals into manageable steps and manage core priorities more seamlessly.
 - Templates to streamline common processes (e.g. event planning routine).

 **Looking for a custom package? [Email me](#) and I’m happy to create a solution that meets your needs.**