



# COACHING SESSIONS

## INVEST IN YOUR GROWTH

### STEP ONE: Schedule a Discovery Call

This is a place for us to meet and for you to share where you are at and what support you desire. Our 20-minutes together will give us a chance to see if I am the best coach to support your personal + professional growth.

### STEP TWO: Book a Session

My role is to ask a lot of questions, dig in deep and hold space as you share and process. At the beginning of each session, the question will be, "What do you want to accomplish today?" This will keep us focused on creating meaningful action and momentum forward.

Each Session you will receive:

- Zoom Recording of our call
- Email notes with highlights + action steps

Payment: Venmo, Zelle + Business Invoice