

PATHFINDER PACKAGES



EXPLORER

Discovery + 6 Sessions

Crafted for individuals seeking to initiate their growth journey and lay the groundwork for transformative change.

INCLUDES:

- **Email support**

Stay connected and receive guidance outside of coaching sessions to address any questions or concerns that may arise during the week.



NAVIGATOR

Discovery + 8 Sessions

Tailored for individuals looking for a comprehensive coaching experience.

INCLUDES:

- **Email support**

- **(1) Monthly 15-minute Laser Coaching Session**

Stay on track and address any immediate challenges or celebrate successes with a brief monthly check-in call.



TRAILBLAZER

Discovery + 12 Sessions

Designed for those committed to accelerating their growth and achieving significant transformation in their personal and professional lives.

INCLUDES:

- **Email Support**

- **Text Support**

Receive quick responses and encouragement for urgent matters or moments of reflection.

- **(4) Weekly 15-minute Laser Coaching Sessions**

- **Digital Journal**

Enhance self-awareness and track progress with a digital journal for reflection and goal-setting, providing a comprehensive tool for personal growth.



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EXECUTIVE COACHING PROGRAM