



# ConnectHuman

Be.More.Human.Together.

"The privilege of a lifetime is to become who you truly are." ~C.G. Jung

## What is Coaching?

- Coaching is a partnership that we co-create to help you identify who you are, what you want and how to make it happen.
- It's about starting where you are today and creating a path forward.
- It's about discovery, exploration, and creation.
- It's a gift you give yourself to live the life you want to live. You deserve it!

## Who do you Coach?

I work with:

- Leaders, professionals in transition or considering transition, early career professionals
- Small business owners and entrepreneurs
- Women at a transitional point in their lives
- Educators
- Parents

## What can I expect?

- We start with a 30-minute complimentary consultation to determine the best approach for you and ensure we're a good fit for each other.
- In our first session – 90 minutes – we'll get to know each other and identify your values, goals, and desired coaching outcomes.
- From there, during each session we'll focus on what is most relevant for you at that time, using exploratory questions to help you discover what you need to realize your desired outcomes.
- You can also expect to do some reflection and active learning between sessions.

## What are my options?

### Individual Coaching

#### Monthly

90 Minute Initial Session

Two 60 Minute Sessions per month

As Needed brief emails or calls between sessions

Assessment Optional

#### **1 or 2 Hour Job Search Consultation**

### **Group Coaching – Get notified of upcoming groups**

#### 3- or 6-Month Package

90 Minute Initial Session

Two 60 Minute Sessions per month

As Needed brief emails or phone calls in between sessions

Assessment at beginning and completion of package

360 Assessments available at additional cost

Option for month-to-month upon package completion

## How can I get started?

Contact me for a free 30-minute, no obligation consultation: <https://connecthuman.net/#contact>

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[www.connecthuman.net](http://www.connecthuman.net)