

# MASTER YOUR MIND. MASTER YOUR GAME. A RESULT-DRIVEN COACHING PROCESS



Coaching is a focused dialogue between the coach and coachee, with the intention of finding insightful and wholistic ways to address, in a sustainable and measurable way, the coachee's most pressing developmental needs or challenges. Kathy accomplishes this by including a neuro-science based process as a foundation, that not only creates positive impact on specific business and leadership “spoken” issues, but also the underlying “unspoken” issues.

## COACHING PROCESS & APPROACH

1. Identify coaching outcomes and what success looks like—setting Business, Leadership, and Personal goals.
2. Proposal/agreement sign off and firming up 6-month schedule of coaching sessions.
3. First 2 months comprised of weekly coaching and daily mental conditioning to eliminate bad habits and create positive, healthy ones.
4. After 8 weeks, switch to bi-weekly coaching sessions to “apply” learnings and focus on: Growth Mindset, Leadership effectiveness, Business Challenges, and Personal Fulfillment.
5. Mid-way results review to assess progress against coaching outcomes and to sharpen focus in second half.

## COACHEE'S RESPONSIBILITY

For the coaching relationship to be effective, you will be expected to agree to the following:

1. That the coaching relationship is important to you, and you are fully committed to achieving the goals of the engagement.
2. You will commit to the full term of the coaching.
3. You will attend all coaching sessions and commit to a minimum of 15 minutes per day of practice (i.e., mental conditioning), and one hour of video training for the first 7 weeks.
4. You will be completely present during coaching sessions, with no external distractions (cellphone, email, etc.).
5. You will reschedule a coaching session, if necessary, within at least 72 hours' notice.
6. You will provide feedback on how you can get more value from the coaching process.

## CORE COACHING PACKAGE (6 MONTHS)

1. **Assessments:** *Positive Intelligence Quotient* score and *Saboteur* (insight on conditioned thinking patterns).
2. **Discovery Session:** First Coaching session.
3. **Mental Fitness Program:** A comprehensive *7-week Mental Fitness Program* with specific weekly training objectives.
4. **Virtual Coaching Sessions:** Regularly scheduled one-hour sessions on ZOOM.
5. **Mental Fitness Practice and Progress:** Full access to the *Positive Intelligence APP* and the *Growth Program*. Customized training based on needs. Training modules for leadership, conflict resolution, etc.
6. **Ongoing Support:** Full access to Kathy in between sessions via email and text.
7. **Check-in and Review:** A mid-term check-in and results review.
8. **Final progress review.**

## EXECUTIVE COACHING PACKAGE

Everything in the *Core Coaching Package*, plus:

A verbal *360 Feedback Process & Report* with 6-8 stakeholders.

## PLATINUM COACHING PACKAGE

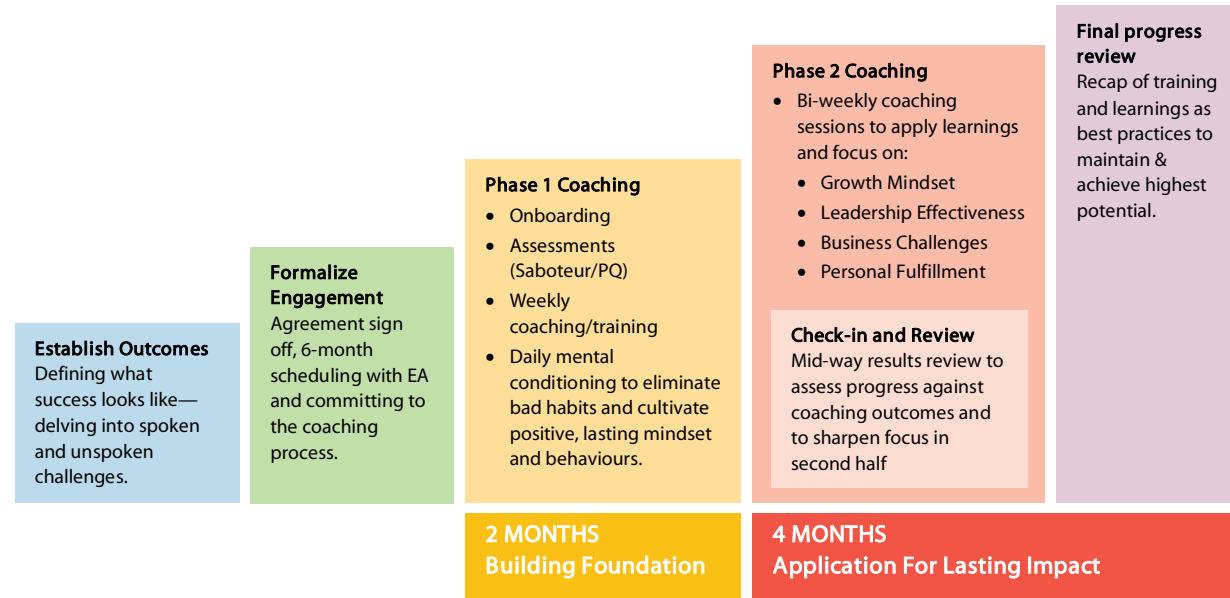
Everything in the *Core and Executive Coaching Packages*, plus:

1. Unlimited (spot) coaching calls with Kathy
2. Strategic Thinking/Planning OR...
3. Personal Transition and *Life Plan 3.0*

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## Coaching Process



## Examples of Coaching Outcomes

### WELLNESS

- Reset and re-energize your mind to better navigate work and life circumstances.
- Finding inner stability and consistency by feeling more “centered” and balanced.
- Increased understanding of your own mental and emotional wiring to address blind spots.
- Reduce stress and anxiety by re-claiming personal power and cultivating inner peace.

### PERFORMANCE

- Reduced energy-draining inner chatter that causes self-doubt, self-sabotage, and missed opportunities.
- Learning the skills to replacing bad habits with good ones by creating powerful, lasting shift at the source.
- Gain clarity by addressing decision-making fatigues or foginess.
- Shift from “reactive” to “proactive and deliberate” mode to increase impact and create space for strategic thinking.

### PRODUCTIVITY/FOCUS

- Increased focus by reducing distractions, mental pollution and “information overwhelm”.
- Increase productivity by learning the skills to switch from negative to positive thinking.
- Improved use of time and energy to increase impact and better planning.

### LEADERSHIP

- Higher levels of calm resolve, clarity, and confidence as a leader.
- Aligning thoughts and actions based on commitment to the greater good/vision vs ego.
- Increased team productivity through positive leadership and resiliency skills.

### RELATIONSHIPS

- Handling difficult relationships through increased empathy and curiosity.
- Building higher levels of trust and authenticity with direct reports.
- Handling tough conversations with greater control and a focus on desired outcomes.