

# COACHING PACKAGES

WITH YOU EACH STEP OF YOUR ADVENTURE

PERFORMANCE  
CONSULTING

All packages include:

- Initial 30 minute call to discuss your goals
- Worksheets and coaching resources to support your goals
- Email support in between sessions
- Final 30 minute review & evaluation session

## FOR FOUNDERS & ENTREPRENEURS...

All packages can be combined with  
Adventure Coaching

### IDEA LIFT OFF

- ✓ Explore your "why".
- ✓ Identify target customers through empathy mapping.
- ✓ Generate ideas and products.

Have you always wanted to launch your business but don't know where to start? Do you want a guiding hand with set up? This coaching package will take you through the steps to evaluate your idea, consider funding avenues, discover alignment with your own lifestyle goals and prepare for the first steps in your entrepreneurial journey.



3-Month package incl. 2 x 90 minute coaching sessions + empathy mapping workshop.

### SCALING UP PACKAGE

- ✓ Identify your blockers.
- ✓ Develop a plan to help your company scale.
- ✓ Step away from the nitty-gritty.

Are you an entrepreneur looking to scale up your business? Are you finding certain things are holding you back? We will work to identify blockers, overcome limitations and focus your energy and passions where you add the most value. Your coach will become your trusted partner, providing a sounding board and helping you prioritise effectively and develop a plan to enable your company to scale.



4-Month package incl. 4 x 75 minute coaching sessions + scaling up plan.

### BESPOKE COACHING & MENTORING PACKAGE

- ✓ Get back in the 'zone' - move from 'hustle' into 'flow'.
- ✓ Explore new opportunities.
- ✓ Get more organised and focus where you have maximum impact.

This is a custom designed coaching package for entrepreneurs. We will work on a bespoke package suited to your needs and the needs of your business. This could range from working on your leadership style, strategy development, team management, organisational skills or developing new product ideas.



5-Month package incl. 5 x 60 minute coaching sessions.

## FOR LEADERS & EXECUTIVES...

### CAREER CONFIDENCE

- ✓ Identify your self-limiting beliefs.
- ✓ Put your own needs first and make that leap forward.
- ✓ Prepare for that next step in your career.

Are you ready for the next step in your career but don't know which move to make? Do you feel that you have been stuck in the same role without progression and you're ready to make a leap forward? During this coaching package, you will work on building your confidence so that you're ready to take that next step.



4-Month package incl. 4 x 75 minute coaching sessions.

### BURNOUT BREAKTHROUGH

- ✓ Identify and tackle your root causes of burnout.
- ✓ Move into 'flow' and bring your work into alignment with your passions and values.

Do you have too many tasks and not enough time? Are you feeling fatigued and drained by working on projects that aren't aligned with your passions and values? In this coaching package we'll work on identifying root causes of burnout and find ways you can move into 'flow' - the zone where you are energised and motivated. You'll be equipped with a toolkit to help you manage your time, priorities and identify those 'drains' on your energy to bring your work into alignment with your priorities and goals.



4-Month package incl. 3 x 75 minute coaching sessions + 1 hypnotherapy session.

### FINDING YOUR NICHE

- ✓ Are you at a crossroads in your career? Ready for a change?
- ✓ Uncover your passions and discover your sweet spot.

Are you at a crossroads in your career? Are you weighing up what to do next? If so, this is the package for you. We'll start by analysing your strengths & weaknesses and uncover your passions, exploring the balance across aspects of your personal and professional life important to you. You'll gain clarity on your vision & values and the confidence to pursue your goals.



4-Month package incl. 4 x 75 minute coaching sessions.