



Embark

Initial Consultation

Initial Assessment

readiness
challenges
goals

Working Agreement

expectations
confidentiality

Logistics

agreement
scheduling
payment

Engage

Coaching Sessions

Focus

current challenges
optimal outcomes

Discovery

reflection
barriers
strategize

Movement

perspective shifts
behavioral change

Execute

Between Sessions

Accountability

forward action

Catalyst Calls

overcome obstacles

Endeavor

Wrap-up Session

ROI Evaluation

effectiveness reflection

Self-coaching Strategies

skills toolkit

Capitalize on Momentum

plan next steps

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