

# 360 MINDSET COACHING



**In three months of one-on-one coaching, you will take steps to change the way you think about yourself and how you show up in your life.**

First, you will learn to name your needs, wants and values. Then, you'll get perspective into how you are seen by those around you to understand: How do I show up at home and at work? In which areas of my life am I misaligned? What strengths can I lean into to support my growth? With this newfound awareness, you and your coach will make a plan to move towards being the best version of yourself today.

## IS THIS FOR ME?

**If you're looking for support to...**

- Identify and name your core values
- Build confidence in any area of your life
- Align your career and your goals
- Set the boundaries you need to get what you want
- Clear the distractions and get back to being yourself

**...you're in the right place.**

## HOW DOES MINDSET COACHING WORK?

If you've ever felt disconnected between where you are in life and where you want to be, mindset coaching helps you figure out why – and what to do about it.




It starts with the **Gift of Words**, where you get clear on who you are and what you need, through journaling, coaching sessions and a strengths assessment (either WIDGET or MBTI).

Then, in the **Gift of Perspective**, we anonymously gather and analyze feedback from the people who know you best, personally and professionally, to look for patterns about your strengths and challenges. We then share this feedback during a four-hour Perspective Delivery Day and together create a Growth Plan to guide your next steps.

In the third stage, the **Gift of Action**, you'll keep building your strengths, while also working on those unconscious behaviors and habits that no longer serve you.

# YOUR TIMELINE

With a coach guiding you every step of the way, you will learn to grow your mindset in three stages.

 <p><b>STAGE 1:</b> <b>THE GIFT OF WORDS</b></p> <p><b>Learn the language to identify your current and future needs.</b></p> <ul style="list-style-type: none"><li>✦ Explore your beliefs, dreams, and fears with journaling questions.</li><li>✦ Gain self-insight using the Meyers-Briggs Type Indicator or WIDGET Assessment.</li><li>✦ Voice your core values.</li></ul>	 <p><b>STAGE 2:</b> <b>THE GIFT OF PERSPECTIVE</b></p> <p><b>Draw wisdom from those who know you best.</b></p> <ul style="list-style-type: none"><li>✦ Identify up to 16 individuals to anonymously offer their perspective on you.</li><li>✦ Receive your curated feedback in a 4-hour Perspective Delivery Day.</li><li>✦ Create your Growth Plan with actionable steps.</li></ul>	 <p><b>STAGE 3:</b> <b>THE GIFT OF ACTION</b></p> <p><b>Build momentum with a sustainable plan.</b></p> <ul style="list-style-type: none"><li>✦ Take the steps on your Growth Plan with support from your coach.</li><li>✦ Meet with your self-appointed accountability buddy who will help you as you continue past your coaching engagement.</li><li>✦ Continue to use the lessons you've learned to be the best version of yourself, with whatever life hands you.</li></ul>
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## WHAT'S INCLUDED

- 8 one-on-one coaching meetings (to be used in a maximum of 3 months).
- Coaching meetings include:
  - 6 Coaching Sessions (50 minutes)
  - 1 Assessment Workshop (90 minutes)
  - 1 Perspective Delivery Day (4 hours)
- 360 Perspective Data Gathering (up to 4 verbal interviews and up to 12 digital surveys)
- MBTI Assessment or WIDGET Assessment

## WHAT MAKES OUR MINDSET COACHING DIFFERENT?

Our process combines targeted internal work, the insight of a strengths assessment tool and the patterns that emerge from interviews with those who know you best, guided and supported by an expert coach.

When you feel a misalignment between your goals and your reality, only a holistic approach can identify the sources of disconnect – and understand the most effective way forward for you.