



Coaching & Mentoring

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What is business coaching?

A personalized and collaborative approach that helps individuals or teams enhance their professional performance & achieve their business goals. A business coach provides guidance & support to help clients identify their strengths, weaknesses, & opportunities for growth. They assist in setting clear objectives & implementing action plans to overcome challenges and maximize potential. Through effective communication and tailored guidance, business coaching helps to improve leadership skills, problem-solving, and overall performance. It fosters self-awareness, boosts confidence, and encourages continuous learning and development, leading to long-term success and fulfillment in the business realm.

What is mentoring?

A process where an experience is used to help guide & supports in their personal and professional development. Mentors share their knowledge, skills, and insights to help mentees gain new perspectives, overcome challenges, and achieve their goals. They provide guidance, feedback, and advice based on their own experiences, helping mentees navigate their career paths, make informed decisions, and develop essential skills. Mentoring relationships are built on trust, mutual respect, and open communication, fostering a supportive and nurturing environment for mentees to grow, learn, and excel in their chosen endeavors.

Additional information

- 60 minute virtual meetings
- Tailored to meet your individual business or professional needs
- Each meeting ends with a action plan to focus on obtainable goals

Pricing

- Per session rate \$100
- Package of 4 sessions \$350

