

PRIVATE EXECUTIVE COACHING *with* IMPROV



LET IMPROV COACHING UNLOCK A BETTER VERSION OF YOU AT WORK:

- staying present & connected
- finding your authentic way to lead, present or contribute
- accessing ease & a clear, focused mind
- being flexible & agile
- finding creative solutions
- thinking on your feet
- collaborating in a “Yes, And” context

Coaching sessions are entirely customized based on your goals & areas of concern.

- WHAT WOULD IT BE LIKE IF YOU TRUSTED THAT **BEING IN THE MOMENT** WAS ALL YOU NEEDED TO THRIVE?
- HOW CAN THE SKILLS OF IMPROV INCREASE YOUR **CREATIVITY, CONFIDENCE & JOY?**
- HOW CAN YOU GET MORE **COMFORTABLE WITH BEING UNCOMFORTABLE?**
- WHAT IF YOU WERE ABLE TO COMMUNICATE WITH MORE **CLARITY, EMPATHY & SPONTANEITY?**

SOME OF OUR CLIENTS



Holly Mandel & Michael Goldfried,
Executive Coaches

RATES

\$500 - INITIAL SESSION / 1.5 HOURS

\$375 - A LA CARTE SESSIONS / 1 HOUR

\$1750 - PACKAGE OF 5 SESSIONS / 1 HOUR EACH

SESSIONS ARE HELD OVER ZOOM AND IDEALLY DURING WORK HOURS.

CONTACT US TO FIND OUT MORE & SET UP A SESSION!



CLICK HERE TO SET
UP A CALL OR
SCHEDULE YOUR
SESSION!