

COACHING

COACHING

by the CP connection

COACHING

Welcome

We're so glad you're interested in our coaching programs.

Our goal is to help you live a life that aligns meaningfully with your individual uniqueness and personal vision.

Whether you're a business leader, college student, mom, or creative, we'll awaken your personal leadership so that you can strategically move forward in your life.

We've had the absolute privilege of helping many others in their growth journey and hope to be able to do the same with you.

Caprice & Carol

WHAT IS COACHING?

You go to a doctor when you're sick, a chiropractor when you need physical alignment.

But, where do you turn when you need a bit greater alignment in your life itself? How do you effectively match your actions to the vision you have for yourself?

That's where coaching comes in.

Coaching guides you to become the active architect of your own life. Our chief objectives together are to:

- heighten your awareness
- increase your sense of choice and responsibility
- elevate your personal accountability and alignment with your vision

WHY COACHING?

Coaching is a meaningful investment in your personal and professional growth. It's hard to imagine what might be more valuable than that.

Studies have shown that coaching:

- unlocks latent sources of potential
- increases productivity
- improves time management
- elevates business performance
- improves relationships
- raises team effectiveness
- builds self-confidence

Business coaching for executives at big companies has been shown to yield 5-7x the initial investment.

More info, see: ICF Global Coaching Client Study

*We'll let you be the judge, but if you ask us...
creating the space for your growth is absolutely invaluable.*

IS IT FOR ME?

college students

moms

business leaders

creatives

If you're serious about
your personal growth,
coaching can help you.

WHAT DOES IT LOOK LIKE?

Each coaching program we offer consists of regularly scheduled conversations focused on your growth.

We tailor our approach to your specific needs, however, all our engagements follow a general process:



vision

1

Here we'll begin to explore the major growth areas in your life.

TOOLS

2

Next, we'll introduce some relevant tools to help address your particular growth challenge.

application

3

Then, we'll use these new tools to view your growth challenges through a fresh lens.

accountability

4

Moving forward, we'll monitor your alignment with your vision and introduce additional ways to keep you on track.

THE BASICS

60 min. conversations
weekly or every other week
via phone or skype

between session support via email

additional homework materials
and resources between sessions

Homework? What does that look like?

Between session homework may consist of action items, worksheets, assessments, or reading assignments. Be prepared to dedicate a couple hours a week outside of each session to these assignments. They aren't just for the heck of it, they're intentionally designed to facilitate growth.

INVESTMENT

coaching with Caprice

\$125/session

available in 4-session packages
(\$500/4 session package)

coaching with Carol

\$175/session

available in 6-session packages
(\$1050/6 session package)

payment due in advance of session
via check or pay pal

TO SIGN UP OR GET MORE INFO:

email us:

HELLO@THECPCONNECTION.COM