

PERSONAL AND PROFESSIONAL COACHING



COACHING

# My STORY



Like so many of you, I've experienced constant change throughout my life; had successes and failures; moments of bravery and moments that I wondered if I'd make it through to the other side. Through all of this, one thing has been constant - my love of learning and my passion for helping others succeed.

Over the past thirty years I've had some great opportunities to work within and alongside progressive leaders in people strategy and organizations who put people at the center of what they do. Where you ask? Organizations like The Walt Disney Company, where I held several senior and executive roles within the people practice. The Bill and Melinda Gates Foundation where I was the Global Head of Talent for their Global Development and Policy & Advocacy teams. And in my roles as an advisor at Functionally, a talent centric software startup, and Treasurer and Executive Committee Member for StolenYouth a non-profit fighting child sex trafficking.

I've also worked along side some really talented consultants and practitioners, as well as courageous clients looking to reinvent their employee experience and how they approach strategy.



These experiences have allowed me to work within industries such as hospitality, media production & distribution, consumer products, live stage performance / Broadway, digital & interactive, language education, mobile communications, financial services, and philanthropy.

My work has taken me around the world allowing me to live and experience different cultures and business environments across six of the seven continents. (I'm always looking for that opportunity in Antarctica to complete the set.)

My formal education credentials are: Master Liberal Studies from Rollins College, Bachelor Organization Communication from the University of Central Florida, and I am an alumnus of THINK School of Creative Leadership in Amsterdam NL. But informally, I'm always diving into topics and areas that catch my interest to learn and grow. (I'm still trying to master the drums and learn Italian.)

In my free time I chase three passions; live music, great books, and getting outside to hike and camp.

*There is opportunity to grow all around us*

# QUESTIONS TO CONSIDER

*What matters most to you*

You may not have the answers...but you need to know why you are looking for them.

When entering into a coaching relationship it's important for you to reflect on why you are seeking a coach and what outcome you are wanting to achieve.

Explore the questions on this page and reflect on your responses to them. I encourage you to write down your reactions to the questions in a journal (online or old school paper). Return to them after 24 hours and see how you feel about your initial responses.

We'll start here when we have our initial conversation.



What prompted you to seek out a coach?

What goal do you want to achieve through coaching? Consider the following:

- What are your desired ways of being?
- What are your desired ways of doing?
- What is your desired learning?
- What are your desired results?

What is happening or are you doing about this now? What is the impact?

What have you already tried? What did you learn from trying?



# The PROCESS

Everyone is unique and the path may not be this linear. We'll journey through these three conversations through our time together whether in one session, six sessions, or more.



## 1

### Agreements and goal setting

The most important step in any coaching relationship is to discuss the commitments and agreements between the coach and the coachee. Areas to discuss include expectations on both sides, goal setting, style preferences, frequency of sessions, and desired outcomes.



## 2

### Exploring the context

Sometimes the path to growth and reaching the desired outcome of coaching is not a straight path. Part of the coaching experience is exploring the territory around the path and perhaps traveling down a few sides roads. The pre work for each session is going to provide us insight into the topics we should explore together in pursuit of your objective and is an important part of your personal growth.



## 3

### Action items and building a plan

Ultimately we will be working together to build a plan for you to explore what you're discovering about yourself and create personal practices. Each session will end with the identification of action items for you to do before the next coaching conversation - or in the case of your final session to build a sustainable plan for you to follow on your own.



## Single Sessions

Pay as you go

Not sure coaching is for you, or shopping potential coaches. You are welcome to pay as you go one session at a time. Each session is 90 minutes.

Single session rate: \$500 per session



## Six Pack

Building the foundation

You know that you want to move forward with coaching and want to make this commitment to yourself. We provide two different bundles for you to choose from based on your needs. Sessions are 90 minutes and can be combined if you'd like an extra long session at any time.

Six pack rate: \$2,700 (\$450 per session)



## Cool Dozen

In for the long haul

The second of our bundle options provides you with twelve 90-minute sessions that you can use in a way that works best for you. Spread the sessions out over the year or schedule them closer together based on your needs and momentum.

Cool Dozen rate: \$4,800 (\$400 per session)



## Add an Assessment

Searching for a little more insight

Looking for some additional information? Haven't done a personal assessment in a while? Tools like this can point you toward strengths and areas of opportunity. I offer access to two assessment suites (MBTI and Hogan) at an additional cost. Cost varies depending on selected tool and will include assessment interpretation and debrief.

Price Range: \$250 - \$650 depending on tool



*Let's get in touch*

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