

# CATALYST MENTORSHIP

***Dedicated, personalized mentorship, tailored specifically to your needs.***

Are you ready to commit to yourself -- to finally make your dreams and goals a reality? If you have been working on them for a while and something is getting in your way, Catalyst Coaching Services can bring you the clarity you need to move forward to completion. This is my most exclusive -- and favorite -- service. Limited space available annually.

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## HERE'S THE LOGISTICAL PROCESS:

Complete the application and return it to me. (Please note that there are limited openings for this service annually. However, your application does indicate a commitment of interest and if accepted, you will receive an email from me within 48 hours.)

Once I receive your application and confirm availability for our time together, I will send you an email along with payment link. Please pay promptly to secure your spot. The price is \$700/month and a service contract minimum of six months. You will be billed automatically after the first month.

An initial 60 minute session will be held via Skype. Following sessions will last 45 minutes. Please send your Skype connect request to me at jan.bowen7. If you don't currently have a Skype account, download a free account.

## ***What we'll do together***

In six months, your life will look and feel different! This is what you can expect:

### ***1. Our work will begin with an Assessment***

The assessment will evaluate Values, Strengths, and current status of body, mind, emotions and spirit. We'll do that through a variety of assessments, utilizing my certifications in Neuro-linguistic programming as well as experience and certification as a certified life and executive coach.

### ***2. Then we start the Mentorship***

You'll have shared a bit of yourself with me so I can help you move forward in your dreams and goals. I'll use my extensive corporate executive experience and certified coaching together and serve as a trusted confidante.

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**I WILL:**

- offer an outside perspective
- be a confidential sounding board
- help by sharing my experience – both highs and lows
- provide unwavering support
- be honest and constructive with feedback
- help you with decision-making by encouraging you to consider which options provide your full opportunity for potential, not just possibility
- provide resources, knowledge, and tools

**My service isn't...**

Counseling (counseling is a therapeutic technique for individuals unable to fully function, and therefore in need of healing) technical advice (when possible, I will provide resources).

Most of all, my role won't take accountability, responsibility, or success away from you! This is about YOU. I have the honor of being the Catalyst at your side. You remain in the driver's seat.

**THE SERVICE INCLUDES:**

- 1 bi-weekly mentorship session (45 minutes), initial Assessments, availability through email, ongoing support and resources

**PRICE:**

- \$700 per month, 6 month minimum
- 12 month commitment discounted (\$7800)

**Optional services available:**

Physical assessment using biomechanical approach from Balanced Body Pilates & Integrative Yoga Therapeutics

Curious, but not convinced you need a mentor? Take a look at [this article](#) from Inc Magazine.

Alignment is pulling all the tools, solutions, and strengths together. Let's bring all those elements, with your personal strengths and values to their most powerful edge. Let's move forward and center your intentions with focus.