

# Energy Alignment Consulting

*Cultivate Culture. Energize Performance.*



**Presented by Jonesin' for**  
Helping leaders and organizations master energy to maximize impact.

# Overview

Today's best companies understand that **culture isn't what's written on the wall—it's what people feel when they show up.**

At Jonesin' for, we help organizations define the energy they want their people and culture to radiate—and then empower them with the tools to live it.

Through our **Energy Alignment Consulting**, we partner with companies to:

- Uncover current energy & cultural dynamics
- Clarify a company's desired energy & leadership presence
- Deliver customized tools, training, and strategies to align teams at every level

This is more than a workshop. It's a strategic engagement that **bridges wellness, leadership, and performance** into a cohesive, sustainable system.

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## Our Approach

Every engagement is customized, but typically includes:

### Phase 1: Discovery & Alignment

- Executive leadership session to define desired energy and culture
- Internal pulse survey and/or observation (optional)
- Audit of current energy dynamics and disconnects

### Phase 2: Strategy & Design

- Customized energy alignment roadmap
- Language, behaviors, and rituals that bring the culture to life
- Optional leadership coaching or planning support

### Phase 3: Delivery & Activation

- Team and/or company-wide workshop or keynote
- Actionable energy tools and frameworks
- Interactive delivery designed for buy-in and embodiment

### Phase 4: Integration & Impact (Optional)

- Ongoing advisory or follow-up training
- Resource development or custom internal rollouts
- Quarterly energy checkpoints or executive recalibration

## Why It Works

- **Personal + Organizational Impact:** We work with both individuals and teams to shift internal energy and collective culture.
  - **Actionable, Not Abstract:** We don't just talk energy - we teach leaders and teams how to embody it in daily decisions, meetings, and mindset.
- Bridges Performance and Well-being:** This is a solution that helps HR, Ops, and Execs hit their goals without burning people out.
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## Deliverables May Include:

- Energy Audit Summary
  - Executive Culture Vision Session
  - 1-2 Live Workshops or Keynotes
  - Energy Strategy Guide (PDF or Visual Deck)
  - Follow-up Integration Sessions
  - Ongoing Retainer Options (for Culture Champions, HR Leaders, or Exec Teams)
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## Investment Range

All engagements are customized based on company size, scope, and delivery format.

Estimated ranges:

- **Small Teams (up to 100 employees):** \$7,500–\$15,000
  - **Mid-size Organizations (100–500):** \$15,000–\$30,000
  - **Large Enterprises (500+):** \$30,000–\$50,000+
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## Let's Talk

If you're ready to build a culture that reflects the energy your company wants to lead with—let's connect.

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