



Coaching Capabilities Overview

Michael W. Allison

Leadership, Identity, and Resilience Coaching

Overview

Michael W. Allison delivers high-performance coaching experiences built on two core frameworks: **Break The Bottle™ (3-D Framework™)** and **Protect The House™ (4-Walls Method™)**. Designed for executives, entrepreneurs, and high-capacity professionals, these programs provide transformational results through identity alignment, mental resilience, and strategic performance enhancement

Coaching Formats

1-on-1 Coaching

Private coaching engagements tailored to your identity, leadership clarity, and peak performance systems. Includes personalized strategy sessions, growth planning, boundary work, and emotional resilience coaching.

Group Coaching

Cohort-based coaching built around Michael's frameworks for professionals seeking accountability, community, and leadership growth. Includes weekly live sessions, workbook tools, and peer-based learning environments.

Signature Coaching Programs

Break The Bottle™: Identity & Mindset Reset

Shatter limiting beliefs, reset your mindset, and align your leadership identity. Ideal for professionals feeling stuck, misaligned, or ready to shift their internal narrative.

Protect The House™: Mental Resilience Mastery

Shatter limiting beliefs, reset your mindset, and align your leadership identity. Ideal for professionals feeling stuck, misaligned, or ready to shift their internal narrative.

1-on-1 Coaching Tiers

Tier 1

Breakthrough Essentials

\$2,500+
PER MONTH

- 3-Month Engagement
- (2) 60-min sessions/month
- Voxer/email support
- Identity Map™ + Growth Plan
- Access to Digital Training Vault

Tier 2

Breakthrough Elite

\$3,500+
PER MONTH

- 6-Month Engagement
- (3) sessions/month
- Priority Voxer Support
- 4-Walls Toolkit + Guest Expert Session
- Retreat or Leadership Lab Pass

Tier 3

Executive Immersion

\$10,000+
PER MONTH

- 3-Month Intensive or 1-Day VIP
- 1 Full-Day Immersion
- Custom Dashboards + Performance Tools
- Executive Wellness Plan
- VIP Event Access

Group Coaching Programs

Break The Bottle™ (6-Week)

Investment: Starting from \$1,500 or \$550/month x 3

Includes live group sessions, hot seats, digital workbook, and community access.

Protect The House™ (12-Week)

Investment: Starting from \$2,500 or \$900/month x 3

Includes full access to the 4-Walls Method™, resilience tools, guest Q&As, and graduation session.

Bonus Resources & Support

- Break The Bottle™ Audiobook + Workbook
 - Protect The House™ Toolkit
 - Reflection Journal
 - Coaching Vault (Video Library)
- Growth Platform (Slack, Circle, WhatsApp)
 - Post-Program Strategy Session
 - Event & Retreat Priority Access

Outcomes You Can Expect

- ✓ Stronger identity and aligned purpose
 - ✓ Resilience to handle pressure and adversity
 - ✓ Breakthrough clarity in leadership and decision-making
- ✓ Accountability systems and habits that sustain performance
 - ✓ Community and tools for long-term transformation