

Individual Coaching Package Options



Tutum Leadership Coaching

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INDIVIDUAL COACHING OPTIONS			
COACHING SESSIONS	Strengths Coaching	Unconscious Coaching (Clearings)	Comprehensive Coaching
<ul style="list-style-type: none"> All sessions are conducted using zoom unless otherwise agreed upon by coach and client. À la carte options available. 			
Time Investment *Two 50 – minute sessions each month	3 months (6 sessions)	6 months (12 sessions)	12 months (24 sessions)
CliftonStrengths© Introduction/Grounding	•		•
'Name' CliftonStrengths© Session	•		•
'Claim' CliftonStrengths© Session(s)	•		•
'Aim' CliftonStrengths© Session(s)	•		•
Unconscious Coaching Introduction/Grounding		•	•
Likes → Dislikes Session(s)		•	•
Limiting Belief Sessions (up to 8)		•	•
Anchoring Sessions (up to 2)		•	•
Action Planning/Moving Forward Sessions (up to 6)			•
<p>"We do not learn from experience...we learn from reflecting on experience." - John Dewey</p>			

COACHING SESSION DESCRIPTIONS

CliftonStrengths® Introduction/Grounding

We will establish understanding of the CliftonStrengths® assessment tool, why and how it's used, and your goal(s) for your strengths-based development coaching sessions.

'Name' CliftonStrengths® Session

Before intentionally applying your strengths, it's important to understand each of your themes (aka – potential strengths) on a foundational level. This session focuses on laying the groundwork as you embark on your strengths-based development journey.

'Claim' CliftonStrengths® Session(s)

Throughout these sessions, we explore how each of your dominant themes show up for you. What strengths do you *knowingly* currently leverage? What strengths can you call upon more? And how?

'Aim' CliftonStrengths® Session(s)

"...when you know better, do better." – Dr. Maya Angelou

These final CliftonStrengths® sessions are focused on Dr. Angelou's sage advice: apply what you now know about the strengths you bring *and* need throughout your relationships, both personally and professionally, so you can do better.

Unconscious Coaching Introduction/Grounding

As hard as many of us try, we seem to not be able to 'get over that hurdle', despite following all the expert advice, step-by-step. That 'hurdle' is the unconscious mind attempting to sabotage our attempts for improvement in the spirit of 'safety'. Understanding this principle, we identify your goal(s) for your Unconscious Coaching sessions.

You have freedom of choice. Our sessions will reveal this truth.

Likes → Dislikes Session(s)

Is there a change in behavior you've been wanting to make, yet haven't figured out how to make it? We'll identify your current desire for change and guide you through the process to transform your behavior to align with your preferred actions.

Limiting Belief Sessions

"I'm not strong enough to support my family.", "I'm never going to be good with money.", "I'm not loveable."

These are only a few examples of the plethora of limiting beliefs swimming in the minds of many, singing the song of lack, and painting the false picture of less than. Throughout our sessions, we'll identify your current limiting beliefs and coach you through overcoming the belief using a structured process. The result is a whole, healthy, and more equipped *you*, no longer operating from lack. Rather, operating from strength and wholeness within.

Anchoring Sessions

Cells hold memory. And your cells have been making memories for a long time (cue: the smell of fresh cut grass, the sound of a school bell ringing in the distance, or the sight of a sunset that looks like a red rubber ball fading into the horizon). During these sessions, we identify unwanted responses and transform them into more resourceful responses so you may move forward more fully equipped.

Action Planning/Moving Forward Sessions

Now with a deeper self – awareness of strengths and more fully equipped in your positive beliefs of self, these sessions focus on how you want to apply the 'new you' moving forward (actually, the 'new you' was there all along...you just needed to peel back the years of crud that you've been carrying). All sessions are guided by client specific personal and professional goals. Where do you want to be in the next 5 to 10 years? Let's map out a plan to get you there and implement the beginning steps for the continued growth journey ahead.

FREQUENTLY ASKED QUESTIONS (FAQ)

What is the CliftonStrengths© assessment?

It is an assessment that measures your talents – your innate way of being – and categorizes them using the 34 CliftonStrengths© themes. This [resource from Gallup](#) offers more details about the assessment itself.

How old do you have to be to take the CliftonStrengths© assessment?

The assessment can be taken as early as 17 or 18 years of age. There are versions available for younger participants.

Is this like the StrengthsFinder© assessment?

Yes. The StrengthsFinder© assessment was renamed the CliftonStrengths© assessment in honor of Don Clifton who created the assessment.

If I took it once, should I take the CliftonStrengths© assessment again?

Unless you have experienced a major life-altering event since the first time you took the assessment, no. It is best to complete the assessment only once as there is survey bias if taken multiple times by the same person. If you have taken it multiple times, it's best to use your first results.

Does 'unconscious coaching' mean I'll be asleep?

No, you stay fully awake throughout unconscious coaching. Unconscious coaching means we guide you through the process to transform your behavior to align with your preferred actions.

What if I don't use all the sessions offered in the coaching package I choose?

A coaching package remains current for 12 months beginning the day the contract is signed. Any unused sessions after the 12 months will be expired.

What if I can't schedule all the coaching sessions within the stated timeframe?

Tutum Leadership Coaching will make every effort to honor all of your coaching sessions as agreed upon in the coaching contract. It is the responsibility of the client to ensure all sessions purchased are used within the allotted time of the contract.