

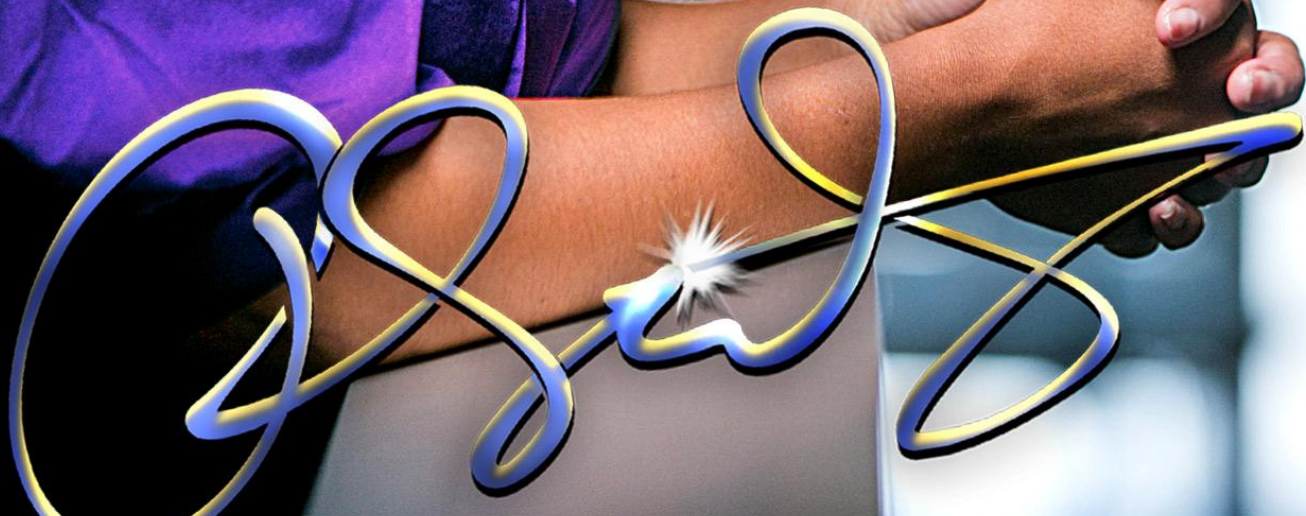
entrepreneur • public speaker • visionary

ROSANN SANTOS

# GROUP COACHING

SUMMARY & RATES

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## Group Coaching Overview

**My Philosophy:** As a Gallup Strengths Coach, I believe in achieving success and self-efficacy through positive psychology and positive reinforcement. Too often we view ourselves through a deficit lens. It is much more effective to view yourself and others through a strengths-based lens.

**Group Coaching** consists of a small group (5-10 people) who have similar goals and concerns around their professional development. A group can consist of people who already know one another or you may join a group that is created by the coach. The benefits of group coaching include:

1. learning from others who are facing similar challenges.
2. gaining an accountability network that will help you along.
3. goal setting opportunities
4. developing strategies for accomplishing those goals.

## Session Material

### ***What We Will Cover:***

- I. Understanding your strengths to achieve success
  - a. Strengths awareness
  - b. Strengths development
  - c. Strengths application
- II. Executive Presence
  - a. Commanding a Room
  - b. Communication
  - c. Appearance
- III. Adaptability
  - a. Emotional Intelligence
  - b. Finding your inner chameleon
  - c. Code Switching

- IV. Passion
    - a. Discover what you love
    - b. Do what you love
    - c. Thought leadership
  
  - V. Authenticity
    - a. Be Yourself
    - b. Self-Confidence
    - c. Be Unapologetic
  
  - VI. Networking
    - a. Taking everything you learn in I through V to become a master networker.
    - b. Putting quality networking to practice
    - c. Choosing the right conference and/or networking opportunity for you.
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## **Group Coaching Packages**

### **PRESIDENTIAL PACKAGE \$2,799/Person**

- *6 two-hour group sessions*
- *Success Workbook*
- *StrengthsQuest Inventory*
- *45-minute, one-on-one coaching session*
- *Complimentary water and beverages*
- *10% discount toward a one-on-one coaching package*

### **SUCCESS PACKAGE, \$1,997/person**

- *3 two-hour group sessions*
- *Success Workbook*
- *StrengthsQuest Inventory*
- *Complimentary water and beverages*
- *10% discount toward a one-on-one coaching package*

### **SELF CONFIDENCE PACKAGE, \$997/person**

- *1 three-hour session*
- *Success Workbook*
- *StrengthsQuest Inventory*
- *Complimentary water and beverages*

**EARLY BIRD SPECIAL:** Pay in Full for 15% off