stay + thrive COACHING

1 THE RESET | Single Session | 90 minutes | $150

WHY THIS SESSION?

Because sometimes you don't need a new job, you just need a new perspective. This one-time reset helps you stop spinning, get clarity, and walk away with practical steps to shift your experience at work.

WHAT WE'LL DO TOGETHER

- Pinpoint what's draining you most at work
- Discover the values that matter most to you right now
- Learn one quick tool to reframe how you see your role
- Build a *Mini Stay Plan* with 2–3 strategies you can apply immediately

WHAT YOU'LL LEAVE WITH

- A clear sense of what is making you feel stuck
- A *Mini Stay Plan* you can put into action tomorrow
- Renewed energy and hope that staying doesn't have to mean suffering

Reach out + book your **free** discovery call today

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