stay + thrive
COACHING

3 THE TRANSFORMATION | 6 Sessions| 6 x 60 mins | $825

WHY THIS SESSION?

Because staying isn't a quick fix; it's a journey. If you're ready for a real shift in how you experience your work (and life outside of work), this deep-drive program gives you the tools, reflection, and accountability to transform how you show up.

WHAT WE'LL DO TOGETHER

- Uncover your deepest values, strengths, and engagement triggers
- Create an Energy Map to see where you're drained versus energized
- Practice job crafting in tasks, relationships, and perspective
- Learn resilience tools for stress, burnout, and reframing tough days
- Design a plan for fulfilling unmet values outside of work
- Build your full *Stay + Thrive Plan* with strategies to carry you forward

WHAT YOU'LL LEAVE WITH

- A full *Stay + Thrive Plan* (values, strategies, resilience tools, and outside-of-work anchors)
- Worksheets for energy mapping, job crafting, and resilience practices
- Renewed clarity, confidence, and practical habits you can use every day
- A clear path to sustaining meaning and engagement over the long term

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

www.sparksresults.com | info@sparksresults.com