

Self-Care Coaching

Jaede Kae LLC



Jaede Kae Ohlrich

Consultant | Coach

Meet Your Coach

Jaede Kae Ohlrich was born in Detroit, Michigan and moved with her family to Tennessee before High School. She completed her Bachelor of Science minoring in Psychology and Sociology at Middle Tennessee State University. Jaede's professional career was rich with learning and growth; she advanced into executive leadership roles in both Operations and Human Resources.

Jaede's experience in leadership development and career mentoring evolved into a passion for coaching. In 2020, Jaede enrolled in Lewis University Master of Arts in Organizational Leadership and received an Executive Coaching Certificate and obtained her Associate Coaching Certification from the International Coach Federation in 2021.



What is Coaching?

ICF defines coaching as partnering with clients in a thought-provoking and creative process that inspires them to maximize their potential.

Self-Care Coaching Flow



BECOME MORE
SELF-AWARE



IDENTIFY
ACTIONS / GOALS



LEVERAGE YOUR
STRENGTHS



GAIN
PERSPECTIVE



GROW

Sample Coaching Questions

How do you feel?

How do you spend your time?

What do you value most in my life right now?

Where do you see yourself in 90 days from now?

What motivates you?

CLIENT INTAKE - JAEDEKAELLC

Contact Me:

Client's Name

Email Address

Phone Number

Client Address

Scheduling preference



Making time for self-care conversations

90 day program

- Client Intake Form
- Free Self-Care Coaching Overview
- Coaching Intake (optional Assessments)
- Coaching Plan tailored to focus in the areas you need most support in.
- 3 x 60 min. Coaching sessions (1 per month)
- Text/Email communication available for questions and support
- Share Recommended Resources

Investment:

\$350 USD in full (save \$100) for 3 sessions

OR

3 individual payments of \$150

*Increase coaching frequency (add an additional 1-3 sessions per month) for \$150 per session.



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Resources: External

- Atlas of the Heart, Brene Brown
- [Scale of Positive and Negative Experience \(SPANE\) – BetterMind Software \(betterworldhealthcare.com\)](https://www.betterworldhealthcare.com/)
- Strengths Resource:
- [Buy Gallup Assessments | en-us - Gallup](https://www.gallup.com/)
- Motivation Resources
- Life Wheel Resource: [Teach Me How To Adult: The Quickie: How To Stress Less on Apple Podcasts](https://www.teachmeanadult.com/)
- [Wheel of Life - Take the Free Assessment](https://www.wheeloflife.com/)
- [Free Enneagram Test \(with wings\) | Start the test \(2022\)](https://www.enneagram.com/)
- [Integrative Enneagram - Get your Type with an iEQ9 Report](https://www.integrativenneagram.com/)
- [HOME | Art of Impossible \(theartofimpossible.com\)](https://www.theartofimpossible.com/)

The collage features three main components:

- SPANE Scale:** A screenshot of the BetterMind SPANE scale. It includes a header for 'Client Name' (Test Test) and a table of 12 items. The table has five columns representing frequency: 'Very rarely or never', 'Rarely', 'Sometimes', 'Often', and 'Very often or always'. The items and their corresponding values are:

	Very rarely or never	Rarely	Sometimes	Often	Very often or always
1 Positive	1	2	3	4	5
2 Negative	1	2	3	4	5
3 Good	1	2	3	4	5
4 Bad	1	2	3	4	5
5 Pleasant	1	2	3	4	5
6 Unpleasant	1	2	3	4	5
7 Happy	1	2	3	4	5
8 Sad	1	2	3	4	5
9 Afraid	1	2	3	4	5
10 Joyful	1	2	3	4	5
11 Angry	1	2	3	4	5
12 Contented	1	2	3	4	5
- Life Balance Wheel:** A circular assessment tool divided into eight segments: Family & Friends, Career, Personal Growth, Romance, Physical Health, Creativity, Employment, and Financial. It includes instructions on how to use the concentric rings to measure fulfillment levels.
- Emotion Wheel:** A complex wheel of emotions with 16 segments. The outer ring contains primary emotions: Joy, Trust, Fear, Surprise, Disapproval, Sadness, Anger, and Disgust. The inner ring contains secondary emotions: Serene, Love, Submission, Apprehension, Awe, Remorse, Contempt, and Boredom. The center contains primary emotions: Joy, Ecstasy, Admiration, Terror, Surprise, Grief, Rage, and Anticipation. The wheel also includes combinations like 'Trust + Fear' and 'Surprise + Sadness'.