

# PACKAGE COMPARISON SHEET






You have several options these days to grow and do the hard personal development work. There is a great deal of choice in how invest in your personal growth . These packages are based on what research shows have the biggest impact on self improvement:

***Self-Awareness & Balanced Reflection***

Talking it out together may be helpful to share your situation, goals and determine if there is a good fit with the coaching framework. Schedule a **FREE DISCOVERY CALL** to get started.

This comparison sheet is a tool to help you compare the coaching packages. It allows you to easily find the differences so you can make a choice based on your goal and timeline.

COMPARISON			
	Flashlight	Lampost	Horizon
Duration	6 weeks	4 months	1 year
Weekly Sessions	✓	✓	✓
Curated Growth Activities	✓	✓	✓
Personality Assessments	✓	✓	✓
Recommended Books	✗	✓	✓
Self Care Swag Kit	✗	✓	✓
Digital Journey Map	✗	✗	✓
Annual Retreat	Discounted	Discounted	✓
<b>Pricing</b>	<b>\$1600</b>	<b>\$2900</b>	<b>\$8000</b>



Rosemary McCollister lives in Southern California and holds a M.A. in Industrial Organizational Psychology. She is a **Jay Shetty Certified Coach**, a Certified Project Manager (PMP), Change Management Practitioner (PROSCI) and Corporate Trainer. Rosemary is also a wife, mother, sister, friend, career professional and yogi.

**Develop your potential with a coach. Grow and realize your goals.**

# THE JOURNEY



**Life is an adventure.**

**HERO Training Solutions Coaching helps you reach your *next* Summit.**

**Coaching for blind-spots, re-alignments and big changes in life.**

## Description of Services

### Coaching Sessions

Discovery Calls are 90 minutes.

Coaching Sessions are 45-60 minutes and conducted via Zoom link provided by the coach.

### Coach Services All Packages

Custom reflection activities and homework challenges are offered by the coach to each client. Coach will curate a list of book recommendations, podcasts or other digital content specific to your goal.

Personality Assessments may include: The Enneagram, Myers Briggs Type Indicator, Emotional Intelligence, Conflict Dynamics Profile, The Five Voices, Sacred Sleep Assessment, Chronotype Test, DiSC.

### Lamppost Package Added Services

Self Care Swag Kit valued at \$100 curated and shipped to the client.

Coach will research, select and ship recommended books directly to the client.

### Horizon Package Added Services

Self Care Swag Kit valued at \$100 curated and shipped to the client.

Coach will research, select and ship recommended books directly to the client.

Digital Journey Map using Mural, a secure online collaboration tool.

### Annual Retreat

A retreat is going away to rest and reflect. HERO Training Solutions will host a small retreat gathering for coaching clients in a privately hosted setting. Clients will have time to relax, participate in yoga, meditate, hikes in nature, or experience local cultural activities. The Retreat includes reflection journaling materials, lodging and meals. Retreat occurs over 4 days and 3 nights in the March to May timeframe in the Southwest USA. Exact dates and location are to be determined.