



VAULT
LIFE COACHING

Resiliency Work

Creating a plan to become more resilient to life's challenges and changes, whether they are personal or professional, begins with a reflective process. Vault Life Coaching has created a three stage process to help a client better understand and initiate resiliency in their career. Being resilient is about engagement not avoidance, so Stage One begins with looking at:

- The client's successful strategies for coping with challenge and change.
- The client's coping strategies that once had impact, but no longer serve them.
- The environment in which the client lives and works.

Stage Two is working to build understanding on what other mental and emotional strategies exist for someone to utilize that they may not have considered. They fall into some of the following categories, which are addressed in a one-on-one workshop:

- Developing Problem-Solving Strategies
- Maintaining Self-awareness
- Embracing Change
- Taking Positive Action
- Being A Lifelong Learner
- Getting Enough of the Right Rest
- Having A Sense of Purpose

Empowered by personal understanding and new strategies, Stage Three has the client creating a vision for what they need from their work environment and relationships to sustain them and bring out the best in their professional impact. A plan of action is then created that serves both the needs of the client and their work and it is implemented over time, so it can be supported, sustainable and authentic.

Resiliency Work Process Pricing

Stage One- *Resiliency Assessment*

Time Frame: 2-3 hours

Cost: \$250 individual pricing

* \$150 as part of the three stage process package

Stage Two- *Resiliency Workshop (One-on-One)*

Time Frame: 2-3 hours

Cost: \$250 individual pricing

* \$150 as part of the three stage process package

Stage Three- *Resiliency Plan Coaching*

Time Frame: 3 x 1 hour coaching sessions

Cost: \$295 individual pricing

* \$195 as part of the three stage process package

Resiliency Work- Three Stage Package (Resiliency Assessment, Resiliency Workshop and Resiliency Plan Coaching)

Total Cost: \$495 (Taxes In)