



Guide to Dr. Lizzy Pérez's Leadership Coaching Services

Welcome to Your Leadership Journey

Introduction: Dr. Lizzy Pérez is dedicated to transforming leaders and inspiring change through personalized, authentic coaching. With over 30 years of experience and a rich background in education and leadership, Dr. Pérez is here to support your growth and success.

Pricing Structure

6-Month Coaching Packages:

1. **One Coaching Session: \$450**
2. **Premium Leadership Assessment Package: \$3,500**
 - Energy Leadership Index Assessment
 - True Colors Personality Style Inventory
 - Values Inventory
 - VIA Character Strengths
 - Prepare a Individualized Customized Leadership Coaching Plan
 - Debrief assessment results via coaching session
3. **Executive Leadership Coaching Package: \$8,000**
 - Initial assessment and goal-setting session
 - Bi-weekly 55 minute coaching sessions (12 sessions total)
 - Unlimited email and phone support between sessions
 - Personalized leadership development plan

South Central Texas Regional Certified (HABE-Hispanic American Bus. Enterprise, HUB-Historically Under Utilized Bus., MBE- Minority Bus. Enterprise, SBE- Small Bus. Enterprise, & Wbe- Women Bus. Enterprise)

Copyright © 2024 Lizzy Pérez, LLC. All rights reserved

www.lizzy-perez.com

210.617.6050

lizzy@lizzy-perez.com



Coaching Goals

For Clients:

- Develop self-awareness and emotional intelligence
- Enhance leadership skills and styles
- Foster a culture of trust and accountability
- Navigate and overcome challenges with resilience
- Achieve personal and professional goals

For Dr. Pérez:

- Provide tailored coaching to meet individual client needs
- Facilitate growth through honest, trustworthy, and courageous conversations
- Create a supportive and empowering coaching environment
- Continuously improve coaching practices based on client feedback and ICF membership ethic guidelines and community of practice

Coaching Process

1. Initial Contact:

- Reach out via email or phone to express interest in coaching services.
- Schedule a complimentary 30-minute consultation to discuss your needs and goals.

2. Consultation:

- Discuss your leadership challenges and aspirations.
- Learn more about Dr. Pérez's coaching style and approach.
- Determine if coaching is the right fit for you.

South Central Texas Regional Certified (HABE-Hispanic American Bus. Enterprise, HUB-Historically Under Utilized Bus., MBE- Minority Bus. Enterprise, SBE- Small Bus. Enterprise, & Wbe- Women Bus. Enterprise)

Copyright © 2024 Lizzy Pérez, LLC. All rights reserved

www.lizzy-perez.com

210.617.6050

lizzy@lizzy-perez.com



3. Intake Session:

- Complete a detailed intake form to provide background information.
- Participate in a 60-minute session to set initial goals and expectations.
- Choose the coaching package that best suits your needs.

4. Assessment:

- Undergo evidence-based leadership assessments (e.g., True Colors, Energy Leadership Index, Values Inventory, etc).
- Review assessment results with Dr. Pérez to identify strengths and areas for improvement.

5. Coaching Sessions:

- Engage in regular coaching sessions (weekly or bi-weekly, depending on the package).
- Work on actionable plans to achieve your leadership goals.
- Receive ongoing support and resources from Dr. Pérez.

6. Midpoint Review:

- Conduct a midpoint review at the 3-month mark to assess progress.
- Adjust goals and strategies as needed to ensure continued growth.

7. Final Review:

- Evaluate overall progress at the end of the 6-month period.
- Discuss next steps and potential for continued coaching or advanced packages.



LIZZY PEREZ^{LLC}

LEADERSHIP • PERSONHOOD

Additional Information

What to Expect:

- Honest and open conversations
- Practical strategies tailored to your unique needs
- A collaborative and supportive coaching relationship
- Access to a network of experts and resources

Getting Started:

- Contact Dr. Pérez to schedule your complimentary consultation.
- Prepare to embark on a powerful leadership journey.

Contact Information:

- **Email:** lizzyperezllc@gmail.com
- **Phone:** (210) 617-6050
- **Website:** www.lizzy-perez.com

Testimonials

“The amount of **listening** and **research** and **productive** thought Lizzy puts in her work is something I will forever try to emulate in my praxis. Thanks, Lizzy, for pushing me, **inspiring me**, and coaching me.” S.Martin

“Lizzy is one of those **rare leaders** who is doing everything in their power to **better people’s lives**. Educators--and everyone else for that matter--should consider her as your coach.”
J.McCormack

“I spent my lunch soaking in the **peace** and **positive vibes** of Lizzy. We are blessed that she is **coaching** some of our leaders and I am excited that we are planning Dare to Lead™ sessions for my amazing executive staff.”D.B. Ugarte

South Central Texas Regional Certified (HABE-Hispanic American Bus. Enterprise, HUB-Historically Under Utilized Bus., MBE- Minority Bus. Enterprise, SBE- Small Bus. Enterprise, & Wbe- Women Bus. Enterprise)

Copyright © 2024 Lizzy Pérez, LLC. All rights reserved

www.lizzy-perez.com

210.617.6050

lizzy@lizzy-perez.com