

SERVICE PACKAGES & WORKSHOP OFFERINGS

The Roadmap for Professional Growth — Customized for Individuals, Teams & Organizations

All sessions are tailored to your goals, schedule, and audience. Pricing is customized based on scope, format, and delivery — **individual session rates are kept accessible and affordable**. Contact us to request a quote or custom proposal.

Individual Workshops

Each workshop stands alone as a powerful, focused experience. Available for individuals or small groups.

Workshop	What You Will Gain	Duration	Format
Wellness & Burnout Recovery	Identify burnout triggers, restore energy, and build sustainable wellness habits	2 Hours	Virtual / In Person
Credit & Financial Literacy	Understand your credit profile, improve your score, and take control of your finances	2 Hours	Virtual / In Person
Business Credit & Funding Strategy	Build business credit, identify funding sources, and position for capital	2 Hours	Virtual / In Person
The Pivot — Career Transition	Navigate career change with clarity, confidence, and a concrete action plan	2 Hours	Virtual / In Person
Navigate and Thrive	Manage workplace challenges, systemic barriers, and professional relationships	2 Hours	Virtual / In Person
Know Your Worth	Identify your professional value and learn to advocate for yourself effectively	2 Hours	Virtual / In Person
Boundaries Without Apology	Establish healthy personal and professional boundaries without guilt	2 Hours	Virtual / In Person
The Psychology of the Workplace	Understand behavior, culture, and influence to lead and perform at your best	2 Hours	Virtual / In Person

Bundled Workshop Packages

Curated multi-session packages for deeper transformation — ideal for individuals on a growth journey.

Package	Workshops Included	Sessions	Best For
Wellness Starter	Burnout Recovery + Boundaries Without Apology + Know Your Worth	3	Individuals seeking balance & confidence
Career Accelerator	The Pivot + Navigate & Thrive + Psychology of the Workplace	3	Professionals in transition

Financial Foundation	Credit & Financial Literacy + Business Credit & Funding Strategy	2	Entrepreneurs & aspiring business owners
Full Roadmap Series	All 8 Workshops — Complete Curriculum Experience	8	Organizations, cohorts & committed individuals

Organizational & Government Packages

Custom-scoped engagements for agencies, nonprofits, workforce programs, and corporate teams.

Package	Description	Duration	Delivery
Team Wellness Day	Half-day experience — 2 to 3 workshops curated for your team's specific needs	4 Hours	Virtual or In Person
Professional Development Series	Quarterly workshop series — 3 sessions delivered monthly with custom topics	3 Months	Virtual or In Person
Full Curriculum Delivery	Complete 8-workshop series for your organization, program cohort, or agency staff	Flexible	Virtual or In Person
Custom Contract Engagement	Fully scoped proposal based on your program goals, population, and timeline	TBD	Virtual or In Person

Delivery & Availability

- **Virtual:** Available nationwide via Zoom or your preferred platform.
- **In Person:** Serving the Greater Cleveland and Columbus metro areas and surrounding communities — including Akron, Canton, Medina, Strongsville, Beachwood, Elyria, Lorain, Mansfield, and throughout Northeast and Central Ohio.
- **Individual sessions** are priced to be accessible — reach out and we will work with your budget.
- **Nonprofits & community organizations:** Discounted rates available. We are committed to making professional development accessible to all.
- **Government agencies:** SAM.gov registered and MWDBE Academy trained. Formal proposals and net-30 payment terms available upon request.
- **Travel fees:** In-person sessions within 40 miles of the Greater Cleveland area are provided at no additional travel charge. Sessions beyond 40 miles are subject to a travel fee. Overnight engagements require client-covered lodging. All travel terms are outlined in your service agreement.
- **All quotes are provided at no cost.** Contact us to start the conversation.

Ready to get started?

Contact us to request a quote, custom proposal, or to schedule a free discovery call.

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