

MENTORING AND COACHING PROGRAMS

CATALOG

Explore personalized one-on-one coaching programs designed to help professionals and leaders at every stage grow with purpose and confidence. Strengthen your self-awareness, enhance your ability to lead and inspire, and build the mindset and tools that drive clarity, growth, and meaningful change — advancing both your personal journey and your professional impact.





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Introduction to Personalized Mentoring and Coaching Programs



Empowering Leaders to Inspire Growth and Build Capability

Step into a space where leadership meets growth. Sustavia Global's Leadership, Mentoring, and Coaching programs are designed for professionals who want to lead with authenticity, confidence, and purpose — and to create meaningful impact in the process. Each program helps you strengthen your leadership foundation, refine your mentoring style, and apply coaching principles that build trust, collaboration, and accountability across teams.

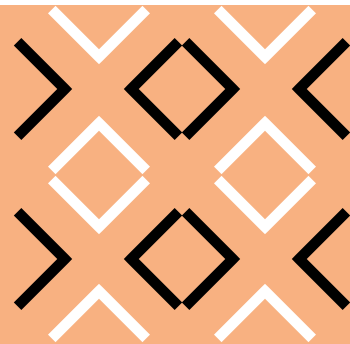
At Sustavia Global, we believe leadership isn't about titles — it's about bringing out the best in others. Our programs are facilitated by certified coaches and seasoned leaders who blend proven frameworks with real-world experience. Every session is an opportunity to pause, reflect, and translate insight into action — helping you communicate with clarity, develop others intentionally, and lead with resilience and empathy.

Each coaching journey is deeply personal, shaped around your goals, your pace, and your potential. Whether you're stepping into leadership, navigating transition, or rebuilding focus, Sustavia's one-on-one programs offer the space, structure, and support to help you grow with intention.

This is your moment to invest in yourself. Take the next step with confidence. Discover the clarity, courage, and confidence to lead, adapt, and thrive in your own way.

The Trailblazer

– for emerging leaders building confidence and influence



Overview

A guided leadership journey designed for professionals stepping into new leadership roles or navigating change. Each session focuses on a key pillar, from discovering your leadership DNA to building resilience and vision.

Duration: 6 sessions (1 hour each)



Learning Outcomes

- Define your authentic leadership style
- Strengthen confidence and communication
- Lead with clarity and purpose

Delivery: Instructor-Led (In-Person / Virtual)



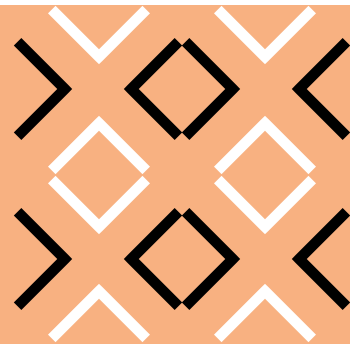
Who is it for

Emerging and early-career leaders ready to build confidence and influence.

Fee: \$1050

The Catalyst

– for professionals seeking clarity and renewed direction



Overview

A clarity-focused coaching journey that helps you realign your career path with your strengths and values. Ideal for those considering a new role, industry, or phase of professional life.

Duration: 5 sessions (1 hour each)



Learning Outcomes

- Identify your core strengths and values
- Clarify your next step with confidence
- Create a sustainable career action plan

Delivery: Instructor-Led (In-Person / Virtual)



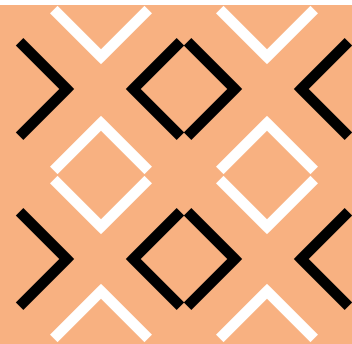
Who is it for

Professionals at a career crossroads or seeking renewed direction.

Fee: \$875

Women Who Lead

– *for women navigating leadership and growth*



Overview

A reflective, empowering coaching program that helps women lead authentically — with confidence, purpose, and balance. Designed to support transitions, cross-cultural experiences, and career advancement.

Duration: 6 sessions (1 hour each)



Learning Outcomes

- Strengthen your leadership presence
- Redefine confidence and self-advocacy
- Develop your "leadership blueprint"

Delivery: Instructor-Led (In-Person / Virtual)



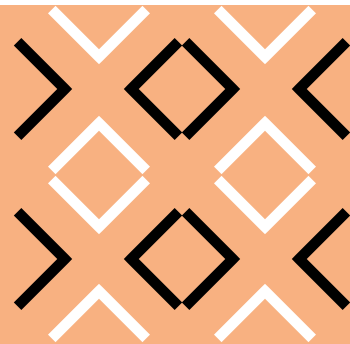
Who is it for

Women professionals and leaders navigating growth and transition.

Fee: \$1200

The Integrator

– for professionals adapting to new workplaces and cultures



Overview

This program supports professionals as they bridge cultural, communication, and workplace differences. Each session blends mentoring and coaching to help clients integrate confidently and authentically.

Duration: 5 sessions (1 hour each)



Learning Outcomes

- Adapt leadership and communication across cultures
- Build workplace confidence and collaboration
- Accelerate integration into new roles

Delivery: Instructor-Led (In-Person / Virtual)



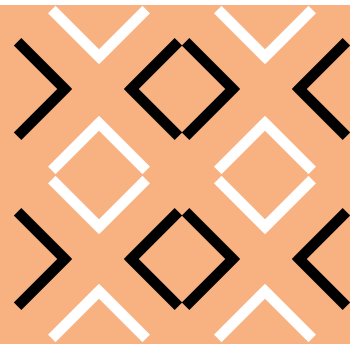
Who is it for

Newcomers, professionals, and global leaders adapting to Canadian workplaces.

Fee: \$850

Resilience in Action

– *for those rebuilding balance and focus after change*



Overview

A restorative coaching journey to rebuild balance, focus, and optimism. Clients leave with renewed clarity and personalized resilience tools for sustainable success.

Duration: 4 sessions + optional check-in



Learning Outcomes

- Reframe setbacks into learning
- Rebuild focus and inner balance
- Strengthen resilience practices for daily life

Delivery: Instructor-Led (In-Person / Virtual)



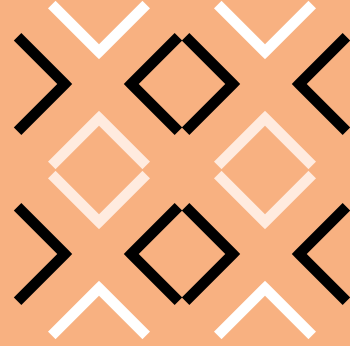
Who is it for

Professionals rebuilding confidence or focus after burnout, change, or challenge.

Fee: \$750



Empower Your Future with Knowledge



At Sustavia Global, our commitment is to empower leaders and professionals to realize their full potential through meaningful, applied learning. Our Leadership, Mentoring, and Coaching programs are engaging, reflective, and grounded in real-world experience, helping you translate insight into action and build the confidence to lead with purpose and impact.

Take the first step today. Invest in your growth and cultivate the leadership that inspires others to do their best work.

**For more information about
our training courses, please
contact us at:**



www.sustavia.ca



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