

The Phoenix Leap

Mentoring Intensive

FOR BOLD WOMEN READY TO RISE



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Mentoring Intensive

Are you feeling stuck, overlooked, or unsure about your next step?

Do you know you have untapped potential, but can't seem to make it happen?

This **2.5-hour intensive mentoring session** is designed to help you gain clarity, overcome obstacles, and create an actionable plan for your most pressing career or personal goal.

With expert guidance, real-time feedback, and personalized strategies, you'll leave feeling focused, empowered, and ready to take confident action.

Who This Is For

This session is perfect for women who:

- ✔ Want a clear path for career advancement or reinvention.
- ✔ Feel frustrated by slow progress or missed opportunities.
- ✔ Struggle to prioritize what truly matters.
- ✔ Know they are capable of more but need direction and focus.
- ✔ Want to build impeccable leadership presence & long-lasting resilience.

“ *Midlife isn't an ending - it's a pivot point.* ”

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What You Will Achieve

By the end of this intensive, you will:

- ✓ Clearly identify your #1 priority and next actionable steps.
- ✓ Release limiting beliefs and mental barriers holding you back.
- ✓ Build a concrete, personalized roadmap for success.
- ✓ Gain strategies to maintain momentum and accountability.
- ✓ Achieve career growth and personal breakthroughs with clarity.

How the Intensive Works (2.5 Hours)

1. Orientation & Goal Discovery

- ✓ Evaluate your satisfaction across key life and career areas.
- ✓ Identify your top priority goal.
- ✓ Explore the difference between “what I should be” vs. “what I deserve to be.”

2. Breaking Through Barriers

- ✓ Identify and release self-limiting beliefs and habits.
- ✓ Learn tools to overcome fear, uncertainty, and hesitation.
- ✓ Begin building a supportive system of mindset, habits, and strategies.

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3. Action Plan Development

- ✓ Co-create a personalized roadmap for your priority goal.
- ✓ Set clear, measurable, and motivating milestones.
- ✓ Establish structures for accountability and follow-through.

4. Implementation Practice

- ✓ Take your first steps in real time with guidance.
- ✓ Receive immediate feedback and adjust your plan as needed.

5. Wrap-Up & Next Steps

- ✓ Summarize insights and commitments.
- ✓ Equip yourself with tools to stay focused and consistent.
- ✓ Schedule an optional follow-up for continued support.

Program Highlights

- ✓ ***Pre-Session Welcome Packet:*** Tailored exercises and self-assessments.
- ✓ ***Interactive Tools:*** Pinpoint exactly where to focus.
- ✓ ***Customized Action Plan:*** Step-by-step roadmap ready for immediate implementation.
- ✓ ***Support System:*** Mindset, habits, and accountability framework.
- ✓ ***Optional Follow-Up:*** 20-minute session to reinforce progress and keep momentum.

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Program Logistics

- ✓ **Format:** 1:1 coaching online (or in-person if local).
- ✓ **Session length:** 2.5 Hours

Next Steps

This program is not a generic coaching session - it's an intensive, results-driven experience that helps you:

- ✓ Break free from feeling stuck.
- ✓ Focus on what matters most in your life and career.
- ✓ Move forward with clarity, confidence, and purpose.
- ✓ Achieve career growth and personal breakthroughs with insight.

Your breakthrough is waiting.

Step past the barriers. Book your call and move forward with momentum.

[BOOK A FREE CONSULTATION](#)