



ESSENTIAL SELF COACHING PROCESS WITH KRISTINA LEONARDI

- Discover the combination of gifts, talents, experience and ultimate career/life path desires that would bring you the most happiness, prosperity and success
- Receive practical solutions, resources and action steps to get you there
- Understand how that connects to your unique place and purpose in the world
- Develop and gather new habits, tools and perspectives to improve your daily life
- Get to the root of dissatisfaction so you can become unstuck and move forward
- Find your way if you are lost or in transition
- Reclaim your passion and experience personal and professional fulfillment
- Gain the clarity, confidence and support to make the changes you need in order to express your fullest power and potential in career and life!

Aligning your work with your *Essential Self* creates a sense of peace that allows for internal healing and fulfillment to permeate every aspect of your life. Regardless of where you are at on your career/life path, Kristina will **put things in perspective, help you understand the cycle you are in and offer the clarity, balance and direction needed to get you unstuck and moving forward** in your career and life.

Kristina's *Essential Self Process* is a **holistic and personal-growth oriented approach** to coaching that meets you wherever you are, and takes all aspects of your life, as well as past and current circumstances, into consideration in order to formulate the direction you should be headed, and provides the guidance, resources and support required to get there.

Kristina's clients achieve long-term, break-through success. She actively listens to their situation with understanding, and without judgment. She encourages her clients to creatively and independently problem-solve by asking them to make conscious, small choices to start. As a result of this, clients learn to stand on their own, think for themselves, and believe in their own abilities to effect change and enable larger life decisions.

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*I gained valuable tools and productive habits from this experience. More importantly, **I gained CLARITY as a result of "doing the work" that Kristina recommended.** She was easy to talk to (down-to-earth), encouraging and intuitive. She did a great job at helping me **identify which obstacles stood in the way, what needed shifting, what didn't, and how to "get to the core" or the root of the problem.** Her follow up emails after each session were very useful. They helped me stay on track each time I revisited them during the process. ~ Ivan S.*

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The Essential Self Support Package (3-4 month process) includes:

Getting Started:

- * Pre-coaching questionnaire
- * Initial two-hour consultation (in person, on Skype or on the phone)
- * Personalized journaling exercises and other homework

Mid-Program Check-in (approx. 4-6 weeks after initial call):

- * 30-minute phone call
- * Personalized journaling exercises and other homework

Wrap-Up Consultation (approx. 4-6 weeks after Mid-program call):

- * 60-minute phone consultation call and follow-up email

Plus:

- * Weekly email support (up to 3 exchanges per week)
- * A copy of Kristina's book *Personal Growth Gab (PGG), Volume One*

Your investment: \$999 (one time payment) or two payments of \$555

The Essential Self Consultation Package (1-2 month process) includes:

- * Pre-coaching questionnaire
- * Initial two-hour consultation (in person, on Skype or on the phone)
- * Personalized journaling exercises and other homework
- * 60-minute phone call and follow-up email (5-8 weeks after initial session)
- * Two email support exchanges

Your investment: \$725

The Essential Self One Hour Focus Phone Session for returning clients includes:

- * Pre-coaching questionnaire & 60 minute phone session

Your investment: \$225

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What I found most appealing, and what sets Kristina apart from other career coaches, is her emphasis on your "whole picture." She considers everything you were exposed to or experienced, how that ties into your life's goals and how to find the best path forward from there. **Talking with Kristina made sense of all the ideas and confusion running around in my head.** The initial session further confirmed the direction I want to go in and visualize where I want to be; doing her homework helped me become more confident in owning what my gut is telling me and fueled my passion to pursue what I know deep down is right for me. As a result of working with Kristina, I now have the tools, motivation and perspective to create my dream career and life. **Because of her insights and expertise, I am the happiest and most content I've ever been and found an incredible peace of mind.** ~ Alyssa C.

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ABOUT KRISTINA



Kristina Leonardi is a nationally recognized career and life coach, speaker and author who empowers individuals to make lasting professional and personal changes aligned with their true passions and talents while fulfilling their role in the world at large. With a holistic and personal growth-oriented approach, she has helped hundreds of men and women over the past decade improve their job performance, enter or re-enter the job force, change careers, better manage their time and stress, and live happier, more meaningful, balanced lives.

Her specialty is working with people who feel stuck or are in transition and can help you clarify exactly what you want, identify blocks, issues, and patterns in your way, and offer proven ideas, resources, and action steps to get you there. Integrating a unique blend of knowledge and experience in a variety of fields and industries, Kristina's deeper, big-picture process creates an internal shift that, in time, will ultimately lead you to achieve the career and life goals that you desire.

To get started with your Essential Self Coaching Process, contact kleonardi@mindspring.com or call 917-816-0834. Please visit www.kristinaleonardi.com for more information and follow on FB, IG and Twitter @clearlykristina or text CLEARLYKRISTINA to 22828 to join her mailing list.

Offers as of October 2018 and are subject to change. Check with Kristina for current rates and discounts.