

LISA TARKINGTON Individual Coaching



WHY COACHING?

Are you feeling stuck, ready to move past mindset blocks, or eager to play bigger in your career or life? 1:1 coaching is a tailored, experience designed to help you address what's holding you back, align your thoughts and actions, and take meaningful steps toward your goals. Whether for yourself, your team, or a colleague, coaching provides the tools to build confidence, enhance communication, and cultivate leadership skills. It's an investment in growth, empowerment, and success—for you or those you care about. You're worth that choice.

COACHING HELPS ONE:

- ▶ Overcome self-doubt and cultivate confidence.
- ▶ Learn effective communication skills.
- ▶ Receive honest, actionable feedback to refine your leadership approach.
- ▶ Develop heightened self-awareness to navigate challenges with poise.
- ▶ Own and find your voice.
- ▶ Create a plan to achieve the goals you say you want.

LOGISTICS

- ▶ 6-12 month commitment
- ▶ Unlimited Email & Text Support
- ▶ Paid upfront
- ▶ A minimum of 1-2 hours coaching per month
- ▶ Additional resources provided
- ▶ Check-Ins with organization, if organization is paying

Connect with Lisa



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THE CONFIDENT PODCAST

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WHY LISA?

Lisa blends practical strategies with personal empowerment to help individuals thrive in both life and business. As an award-winning coach and experienced business owner, she specializes in guiding clients through mindset shifts, building confidence, and achieving meaningful growth. Whether you're feeling stuck, navigating challenges, or striving for balance, Lisa's personalized approach aligns your inner confidence with your external actions. Using evidence-based techniques and a collaborative partnership, she provides the tools, insights, and ongoing support needed to break through barriers, enhance communication, and create lasting success in every area of your life.

ROADMAP

- ▶ Initial Consultation: Initial consultations with organization (if needed) and individual signed coaching agreement, assessments filled out.
- ▶ 1:1 Coaching:
 - First session reviews the coaching process, assessments and discusses goals establishing the foundation for the coaching journey.
 - Ongoing coaching during the duration of the contract.
- ▶ Long-Term Sustainability: Ending assessments, check-ins with organization (if applicable) and close-out meetings.

COACHING INCLUDES

- ▶ A certified and experienced coach
- ▶ Assessments to provide feedback
- ▶ A minimum of 2 hours coaching per month
- ▶ Accountability with a trusted partner and monthly check-ins
- ▶ Tools to support goals



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