

EXPLORE OUR PROGRAMS

A guided path to grow, change, and rise.

C-Suite · Women in Leadership · Career · Executive · Retreats · Bespoke

6

PROGRAMS

60 + 30

ACCOUNTABILITY RHYTHM

1:1

TAILORED TO YOU

THE CHOICE

To fly higher, you must first let go.

At 40, the eagle faces a hard decision. Its talons can no longer grip. Its beak grows heavy and curved. Its feathers weigh it down in flight.

*Two choices remain: to die — **or to change.***

So it climbs the mountain. It breaks its beak against the rock. It tears out its talons. It plucks its old feathers. One hundred and fifty days of pain — and then it flies again. And lives thirty more years.

THE TURNING POINT

We guide leaders through this exact process.

We provide the space — and the strategy — for your own rebirth.

Results, plus accountability.

Knowing what to do is only half the battle. Real progress comes from structure, honesty, and showing up — again and again.

Every journey runs on a 60 + 30 rhythm: a 60-minute deep dive where we align mindset with goals, examine what is holding you back, and build a clear action plan — followed by a focused 30-minute accountability call between sessions to report progress, hold your deadlines, and adjust where needed. Your vision defines your destination; your consistency determines if you arrive.



Clear Intentions

Stay connected to your goals, even when things get busy.



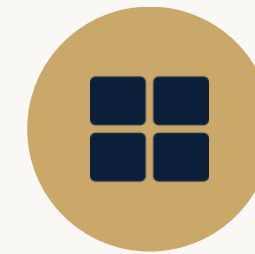
Honest Progress

See exactly where you are versus where you want to be.



Managing Resources

Make the best use of your time and energy.



Direct Feedback

An unbiased perspective that keeps you on the right path.

The space — and the strategy — for your own rebirth.

OUR METHODOLOGY

Results, plus accountability.

Your vision defines your destination. Your consistency determines if you arrive.

60

MINUTES

The Deep Dive

We align mindset with goals, examine what is holding you back, and build a clear action plan for business and life.

30

MINUTES

The Check-In

A focused accountability call between sessions — report progress, hold your deadlines, and adjust where needed.

OUR FOCUS

Clear Intentions

Stay connected to your goals, even when things get busy.

Honest Progress

See exactly where you are versus where you want to be.

Managing Resources

Make the best use of your time and energy.

Direct Feedback

An unbiased perspective that keeps you on the right path.

Total Confidentiality

A private space to reflect and speak with full openness.

THE PACKAGES

Choose your commitment level.

Each package deepens the work — more coaching, more accountability, more transformation.

01

The Spark

3 × 60m

+ 1 × 30m check-in

02

The Momentum

6 × 60m

+ 2 × 30m check-in

03

The Shift

Change what matters.

8 × 60m

+ 3 × 30m check-in

04

The Ascent

Rise to your standard.

10 × 60m

+ 5 × 30m check-in

05

The Transformation

Lasting change.

12 × 60m

+ 6 × 30m check-in

All sessions available in-person or online.

Six paths. One destination: you, elevated.



01

C-Suite Programs

Leading at the highest level



02

Women in Leadership

On your own terms



03

Career Coaching

Stop drifting. Start directing.



04

Executive Coaching

Already capable. Ready to be exceptional.



05

Retreats

Step away. Come back changed.



06

Bespoke

The custom path

C-Suite Programs

For senior executives and founders ready to lead with more intention, more impact, and a legacy that outlasts their tenure.

THE TRACKS

1. Build Your Legacy

Clarify the impact you want — legacy is the standard you set and the culture you create.

2. Cultivate Inclusive Culture

Move beyond diversity as a checkbox to environments where every voice is heard.

3. Build an Unstoppable Team

A great team is developed, not hired — aligned teams that execute with precision.

WHO IS THIS FOR?

Senior executives and founders ready to lead with more intention, more impact, and a legacy that outlasts their tenure.

WHAT YOU'LL GAIN

- ✓ Leadership philosophy aligned to your vision
- ✓ A succession & influence strategy
- ✓ Frameworks for genuine trust
- ✓ Delegation that multiplies impact

 Three tailored tracks

 In-person / Online

Women in Leadership

Programs that honour the unique journey of women building, leading, and evolving — without apology and without compromise.

THE TRACKS

1. Entrepreneurial Evolution

Grow into the leader your business requires — navigating growth and identity shifts.

2. Rise Even When It's Heavy

The tools and support to keep rising despite the weight, every time it gets hard.

3. Thrive Through Menopause

An invitation to lead differently — stay at the top of your game through the transition.

WHO IS THIS FOR?

Women building, leading, and evolving who want to grow on their own terms — without apology and without compromise.

WHAT YOU'LL GAIN

- ✓ Decision confidence under pressure
- ✓ A brand that reflects who you are
- ✓ Resilience beyond external validation
- ✓ Boundaries that protect your authority

 Three tailored tracks

 In-person / Online

Career Coaching

For professionals ready to take full control of their path, their pace, and their purpose — and stop leaving their future to chance.

THE TRACKS

1. Strategize Your Career

Replace reactive career management with a clear roadmap — create opportunities.

2. Thrive in Finance

Built for finance professionals — career strategy plus the leadership numbers never taught.

3. Career Change

Leave what no longer fits and build toward something more aligned, and more you.

WHO IS THIS FOR?

Professionals ready to take full control of their path, pace, and purpose — and stop leaving their future to chance.

WHAT YOU'LL GAIN

- ✓ A 12-month advancement plan
- ✓ A stronger personal brand
- ✓ Executive presence in finance
- ✓ An actionable transition strategy



Three tailored tracks



In-person / Online

Executive Coaching

For leaders who have mastered their craft and are ready for the next level of impact, influence, and self-mastery.

THE TRACKS

1. Beyond Management

Management keeps the machine running; leadership transforms it — move people, shift culture.

2. The First 90 Days

The first 90 days set the tone — show up, listen, decide, and earn trust fast.

3. Performance Mastery

Peak performance is an architecture, not an accident — install habits that sustain it.

WHO IS THIS FOR?

Leaders who have mastered their craft and are ready for the next level of impact, influence, and self-mastery.

WHAT YOU'LL GAIN

- ✓ A personal leadership philosophy
- ✓ Presence & influence at every level
- ✓ A 30-60-90 day entry strategy
- ✓ An elite performance framework

 Three tailored tracks

 In-person / Online

Retreats

Sometimes the most powerful thing you can do for your leadership is to stop, go inward, and return with clarity you couldn't find in the noise.

THE TRACKS

1. The Personal Journey

An immersive retreat for deep self-inquiry — meet yourself again, away from the noise.

2. The Mindset Reset

Dismantle limiting beliefs and install a high-performance mindset.

3. The Business Retreat

Step into the space where real thinking happens and leave with a plan that sticks.

WHO IS THIS FOR?

Leaders who need to step away, go inward, and return with the clarity they couldn't find in the noise of daily demands.

WHAT YOU'LL GAIN

- ✓ Clarity on values & identity
- ✓ Freedom from old narratives
- ✓ A practical mindset toolkit
- ✓ A concrete, executable plan



Three tailored tracks



In-person / Online

Bespoke

None of the above fit? We co-design a program entirely around your goals, timeline, and challenges — so every session serves exactly where you are.

THE TRACKS

1. Discovery Call

A deep conversation to understand your world, goals, pressures, and aspirations.

2. Co-Design

Together we design your program — focus areas, session count, format, and rhythm.

3. Your Journey Begins

We begin, and evolve the program as you grow, so it always serves where you are.

WHO IS THIS FOR?

Anyone who wants a coaching experience built entirely around them — drawing freely from any category, evolving as they do.

WHAT YOU'LL GAIN

- ✓ A program built entirely around you
- ✓ Freedom to draw from any category
- ✓ An experience that evolves as you do
- ✓ The right rhythm for where you are



A custom path



In-person / Online



Ready to find your next level?

The eagle's hardest days came right before its highest flight. Yours can too. We work with a select number of clients at any time, so depth of engagement drives real results.

Don't wait for the perfect moment. Create it.

BOOK A PERSONAL CALL

Connecting people with possibility.

hello@neti-coaching.com · **www.neti-coaching.com**