

# Coaching with Lawrence in 2023

Hey everyone!

Thanks for being interested in working with me in 2023! We hope this message finds you thriving as we kick off the new Gregorian calendar year.

If you somehow got here and aren't exactly sure what coaching is or what it's for [check this out](#). And if you want to know about my coaching approach or what coaching with me is like, [here's more about that](#)). And here's a few testimonials from folks I've coached in the past few years.

*Lawrence has had a transformative effect on my life in the past few years... Life-coaching is at times an inadequate term for what this process looks like... And the remarkable thing has been that when we have set intentions, goals, and done these visioning exercises... usually within a year of me articulating an intention, my life transforms in such a manner that those intentions are realized. — [Huma G.](#)*

*Lawrence is a great companion to walk alongside you in your journey toward self development and actualizing your career goals. With a radical & holistic approach, he can help you unearth the secrets you already have within. — [Sidra F.](#)*

*Lawrence is a special mix of enormous heart (e.g. deep listening, empathy), brilliant mind (e.g. insights, connections), and connected soul (e.g. groundedness, big picture). What else could you want in a coach?? — [Jaco Cohen](#)*

## What's new in 2023?

- Lawrence will prioritize offering 1:1 private coaching on Monday between 1-6pm ET. If you are interested in coaching, and you are concerned about being available at that time, please let me know.
- Lawrence will be prioritizing 1:1 private coaching for people who are able to commit to 6 or more sessions.
- Lawrence will be prioritizing his coaching offerings to [2SLQTBPOC](#) folks.
- Lawrence has made some upgrades to his group coaching offering (details below).
- [Lawrence's Coaching sliding scale will increase in 2023](#)
  - If you sign up with Lawrence **by 31 Jan 2023**, you will get the [2022](#) rates for individual coaching. To express interest in signing up, please email [tanzanite@lqb2.co](mailto:tanzanite@lqb2.co) and [lawrence@lqb2.co](mailto:lawrence@lqb2.co).

## Coaching offerings in 2023

- 1:1 private coaching
  - For these coaching sessions, you and Lawrence will meet for 60-minute calls twice a month, once a month, once every 3 months, or twice a year. If you are

looking for something outside of this timing, please share with us what you would like, and we'll see what we can do!

- If you are looking for coaching every 3 or 6 months, you will be prioritized as long as you commit to coaching for 1 calendar year.

- Group Coaching

- Lawrence is excited to evolve this offering in 2023! This will be a 16-hour commitment (2-3 hours/week for 8 weeks) for 4 people.
- This will be a combination of Lawrence coaching participants 1:1 in front of the group, Lawrence coaching the group as a whole, participants coaching each other (and getting feedback on their coaching), and having small group breakout conversations for relationship building and accountability. There will also be a special guest session with [Maureen White](#), Lawrence's business partner and fellow coach.
- Attendance at 12 of 16 calls is required.
- There will be two calls per week, 12-1p ET, on Mondays and Wednesdays starting March 27 but skipping the week of April 10.
  - Monday calls are March 27, April 3, April 17, April 24, May 1, May 8, May 15, and May 22.
  - Wednesday calls are March 29, April 5, April 19, April 26, May 3, May 10, May 17, and May 24.
- The sliding scale for group coaching this year is \$1,000-\$2,000. Each participant will choose their payment level.
- To express interest in signing up for group coaching this year, please email [tanzanite@lqb2.co](mailto:tanzanite@lqb2.co) and CC: [lawrence@lqb2.co](mailto:lawrence@lqb2.co).

Thank you for making it this far swimming in all the details! Please don't hesitate to reach out if you have any questions and/or concerns.

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