

CONFIDE

Creative

Wondering which private coaching type might be best for your needs? Feel free to review this guide to explore the differences between these coaching types and learn how the Confide Creative approach can point you in a direction that gets you feeling way more confident about your next steps!

CAREER COACHING:

- **What is it?**
 - Career Coaching with Confide Creative is a confidential and confidence-building process that ***provides tactical insight, tools, tips, and frameworks for folks navigating their career journeys*** whether they are just breaking out into the professional world, looking for a change, uncertain about what the future might hold, hoping to bridge the gap between one career path to another, or if they are just generally in need of guidance on their professional development and/or job search. Specifically, we like to help our clients put the FUN back into functional resume and cover letter development, take back their power as competitive candidates on the job hunt, establish an online presence as a professional (Hey LinkedInLevelUp!), and demystify networking and interviewing so they can be their authentic selves at any stage in their career.
- ***How much is it?**
 - \$\$\$ - individuals
 - \$\$\$\$ - groups
- **What makes it valuable?**
 - Investing in career coaching can help early career and transitioning professionals establish clarified goals when it comes to job seeking, professional branding, and connection building within or beyond their respective field(s) of interest. At Confide Creative, we celebrate working with folks who want to take alternative or nonlinear career paths to reach their full potential.

LEADERSHIP COACHING:

- **What is it?**
 - Leadership Coaching with Confide Creative is an interactive process that ***provides a comfortable yet dynamic learning environment for developing natural strengths, honing new skills, and utilizing both in tandem-practice to establish one's leadership style*** regardless of whether they are an individual contributor or hold a designated leadership position that contributes to the organizational culture of a company. Specifically, we like to support and build an engaging rapport with our clients through developmental sessions focused on how to become a more inspirational, impactful leader through active listening, cultural intelligence, effective communication with team members, and more elements of leadership determined in collaboration with our clients. At our core, we base our work in building a relationship of trust

and establishing a cross-generational mentorship approach to working with clients of all ages who are focused on developing their leadership skillset.

- ***How much is it?**
 - \$\$\$ - individuals
 - \$\$\$\$ - groups
- **What makes it valuable?**
 - Investing in Leadership Coaching gives individuals both emerging and experienced the opportunity to dig deeper into what makes their way of working meaningful and influential within themselves and those they serve. At Confide Creative, we see leadership coaching as a complementary element to any of the other types of coaching listed or a great add-on to organizational programs that serve students, staff, interns, or committed community members.

BUSINESS COACHING:

- **What is it?**
 - Business Coaching with Confide Creative is a layered and often complex process that ***provides independent contractors, freelancers, small business owners, and entrepreneurs looking for a fresh start or reset with operational day-to-day support*** in identifying their business goals, crafting a strategic plan to reach those goals, and boosting the overall performance and measures of success in making progress or achieving those goals. Specifically, we like to work with business-curious and business-oriented individuals who are interested in redefining the standards of what it means to uphold better business practices, establishing better boundaries between their lives and their work, and cultivating more understanding around expectations of themselves, their team, and their clientele.
- ***How much is it?**
 - \$\$\$\$ - individuals
 - \$\$\$\$ - groups
- **What makes it valuable?**
 - Investing in Business Coaching allows the entrepreneur to have not only a sounding board but a strategic thought partner in the (inherently creative) process that is starting, developing, reassessing, managing, and sustaining a business. At Confide Creative, we truly enjoy supporting multihyphenates, creativepreneurs, culturally-conscious businesses, and artist-administrators who often have the vision for the empire they want to build but sometimes lack the tools to catapult their mission into action.

EXECUTIVE COACHING:

- **What is it?**
 - Executive Coaching with Confide Creative is an individually tailored process in talent development that ***provides strategic expertise, typically in partnership with a company looking to empower its employees over a sustained period of time (often 3-9 months), to organizational and business leaders*** who are enhancing their self-awareness, reassessing their goals and what drives them, navigating professional relationships, preparing for a promotion or transitioning into management, and often learning—and unlearning—certain leadership skills in accordance with their scope of responsibility. Specifically, we like to cultivate a nourishing environment that allows leaders to dig deeper in confidential sessions, leave feeling motivated with healthy coping skills or action items, and return with lessons learned from

their experiences in the workplace for us to unpack and continue to grow through for the betterment of their personal experience and sustainability of their contributed time to a company.

- ***How much is it?**

- \$\$\$\$ - individuals
- \$\$\$\$ - groups

- **What makes it valuable?**

- Investing in Executive Coaching has often been only reserved for C-Suite executives. At Confide Creative, we believe that access to this type of coaching should not be restricted to “high-level leaders” only because that creates inequity from the top down. This can often disproportionately affect underrepresented talent in industries where leadership isn’t reflective of the rest of the staff or community it sits in, which can actually uphold systems of oppression that result in talent pipelines singularly benefiting those with more access to better resources into higher levels of responsibility. Executive coaching actually benefits an entire organization, not just the individual, because a better leader produces results for the whole company, not just themselves. We choose to focus on an all-around access approach to executive coaching because leaders exist at every level of the organization. This is why we utilize executive coaching to instead help “high-achievers” or “high-potential employees” reach their goals in their respective organizations, optimize how they can do their best work, and work through any social, emotional, interpersonal, mental, physical, or creative roadblocks that might be holding them back from pursuing the kind of impact they want to have next in their careers, within their teams, as managers, or even their respective creative industry fields.

**Individual pricing is predetermined and available upon inquiry through [our website](#). Group pricing is discussed and determined based on the budgetary restrictions and programmatic needs of the organization or company.*