

GOAL  REAPER

COACHING

AND CREATIVE CONSULTING

COACHING CHANGES LIVES

ABOUT COACHING

WHY COACHING?

Trust. Working with an external source allows more freedom to express issues they are uncomfortable sharing with an internal staff member or manager.

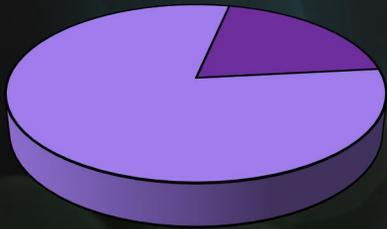


- Discover new motivation
- Improve confidence
- Enhance performance
- Strengths and weaknesses discovered
- Employee retention rates rise
- Accountability to set new goals
- Understand priorities and live by them
- Receive encouragement and support
- Decrease blocks, increase income
- Uncover new ideas

ABOUT COACHING

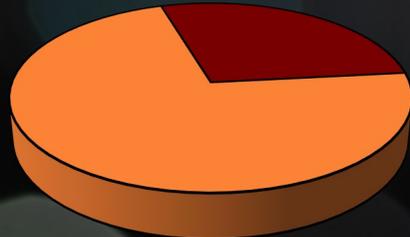
COACHING BENEFITS

80%



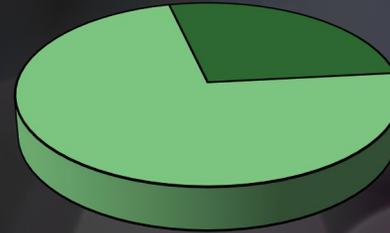
Self-confidence

73%



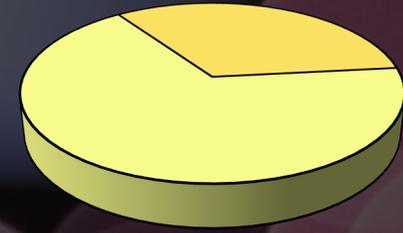
Interpersonal skills

72%



Communication skills

67%



More balanced life

**Source: The Coaching Tools Company*

"When we strive to become better than we are, everything around us becomes better too." ... Paulo Coelho, The Alchemist

ABOUT COACHING

PROACTIVITY

Professionals who provide personal care services are generally focused on others, not themselves. This is true for:

- Death Care Professionals
- Hospice Workers
- Doctors/Nurses
- Massage Therapists
- Stylists
- Consultants

- While some operate at peak performance, others may lack motivation or struggle to complete tasks.
- Many managers I speak with are looking to be proactive in boosting team morale and improving customer service when issues like this arise.

GOAL REAPER

ABOUT LIZ



Liz Overstreet
Certified Professional Coach

COACHING PHILOSOPHY AND BACKGROUND

- 🌱 I support positive change for clients who are ready to take their life to the next level. My coaching philosophy reflects the belief that strategy is nothing without execution, creating positive change by helping clients take action to overcome barriers and become goal reapers. It's highly rewarding to motivate and inspire others to find their way.
- 🌱 As a dynamic professional who thrives in versatility, and is unafraid of challenges, my background encompasses a variety of technical and creative experience. I have worked in many industries, participating in a broad spectrum of projects including training, research, analysis, marketing and design, often executing tight project deadlines with a team or exclusively.

ABOUT COACHING

WHY GOAL REAPER

As a Certified Professional Coach through an Accredited Coach Training Program, I've worked with individual clients and enjoyed watching them reach new goals.



- 🌿 I am committed to helping my clients (internal and external) improve their lives by supporting, motivating and inspiring them to find their way with individualized and comprehensive solutions.
- 🌿 My goal is to always exceed the expectations of my clients. I demonstrate the highest ethical standards in my business practices and social interactions.

CASE STUDY

THE PROBLEM: TIME MANAGEMENT

**HR Executive, Global
Company Branch Office**

“Time management is a very common complaint for many working adults.”

INITIAL STRESSERS

- 🌿 Juggling career, husband, and toddler, didn't leave much time to work on individual interests, such as exercise and creative time, leaving her feeling burnt out.

BUILDING TRUST

- 🌿 We worked on some strategies where she wanted to to be held accountable. Then after a few sessions, trust grew and she was able to open up about issues beneath the surface.

THE REAL ISSUE

- 🌿 Eventually she opened up about distance growing in her marriage and an emotional affair that had been brewing in the workplace.

CASE STUDY

THE SOLUTION: FACING THE OBSTACLES

**HR Executive, Global
Company Branch Office**

“There is always a deeper level issue that will reveal itself in due time.”

DIGGING IN THE DIRT

- She was ready to dig into a few scenarios and outcomes of the situation. We talked through all the pros and cons to consider.

THE PROCESS

- We discussed new routines, and worked on accountability to stay on track. Meanwhile the office situation continued to be a distraction.

GETTING REAL

- After much work, she overcame her obstacles, reconnected with her husband, transferred to a new department, removed herself from the distraction and got her life back on track with a fresh new outlook, and continued growth.

CASE STUDY

IN HER OWN WORDS

"If you are looking for a life coach who will help you identify the real issues, help you identify what steps you want to take and hold you accountable to take them, Liz is your coach. She is very compassionate as she coaches, listening very deeply and non-judgmentally. The space she provided and trust she inspired helped me to share deeply things that were difficult to talk about and because of that I was able to deal with the real issues. Liz does a great job of providing deep listening and genuine support as a life coach. Thank you!"

THE INVESTMENT

WHAT IS A GOOD EMPLOYEE WORTH?

“The cost of losing an employee can range from tens of thousands of dollars to 1.5–2.0x the employee’s annual salary. These costs include hiring, onboarding, training, ramp time to peak productivity, the loss of engagement from others due to high turnover, higher business error rates, and general culture impacts.”

Source: “How Much Does Employee Turnover Really Cost?” Huffington Post, January 2017
<https://tinyurl.com/ya4ur552>

THE SITUATION



Depending on your situation, you may not have the capacity to move staff to different departments (*as in the case study example*), but addressing interpersonal dynamics is crucial. There are always deeper level concerns, once they surface and are addressed in a safe environment, we get to the heart of the matter and move forward to reach successful outcomes.

THE COST



What is a good employee worth? What is the cost to replace them? Working with a coach allows everyone to get on track and is also an affordable solution compared to recruiting, hiring, training, etc.

WHAT'S NEXT

LET'S GET COACHING

NEXT STEPS

- 🌿 Our first meeting is a **Discovery Session**, to identify your goals and may be via phone or video conference. Everyone has a unique situation, the initial discussion allows us to craft a plan that best fits your needs.
- 🌿 *After the discovery session* We meet via phone or video conference at regularly scheduled times (weekly, bi-monthly, etc.), per your needs.
- 🌿 *Coaching rates and packages vary* It's highly recommended to have a number of sessions to work through any trust barriers to dig deeper into the work for the best outcomes. Beyond the initial package, maintenance sessions, simple check ins, or continuing periodic sessions may be arranged.

WHAT OTHERS SAY

TESTIMONIALS

1

COACHING CLIENT

Liz is a caring, detail-oriented coach who assists in zeroing in on your goals. This is very helpful, I tend to be a "big picture" thinker. After identifying actions, I could count on Liz to hold me accountable. She does this with a smile and encouragement. Time spent in coaching sessions with Liz is valuable because her support helps me move forward.

2

COACHING CLIENT

"If you are looking for a coach to help you identify the real issues, what steps to take and hold you accountable, Liz is your coach. She is compassionate, non-judgmental and listens deeply. The space and trust she provided helped me share things that were difficult to discuss, but we got to the real issues. Liz does a great job of providing deep listening and genuine support as a life coach.

3

COLLEAGUE

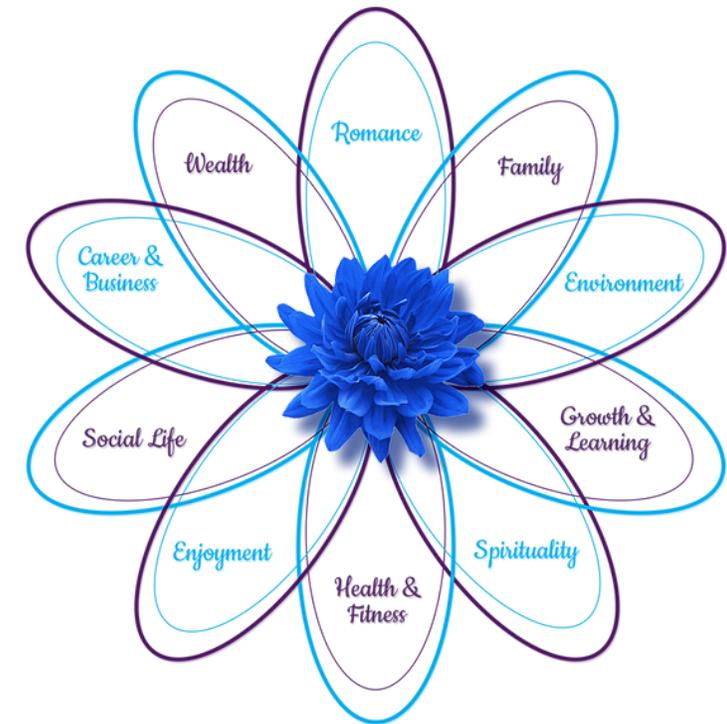
One of the best things about working with Liz is that once that connection is made, you will never lose it. She and I actually worked together fairly briefly, but then never ever lost touch. Her positive energy and brilliant artistic skill offset her wonderful communication techniques. Whatever your task, you will enjoy it more working with Liz.

GOAL REAPER

THANK YOU!

HOW CAN I ASSIST YOU?

- Thank you for connecting, I really appreciate your time, and I'd love to have you on-board as a client.
- I would like to understand your concerns or challenges to get the most value out of our communication and to be certain I can add value to your team.
- Please tell me about some of the challenges that you're having? What goals do you want to reap?



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