

## **Resilient Leadership: A 30-Day Coaching Package for Supporting Yourself & Team in Challenging Times**

### **Mindful Reset: Finding Calm in Chaos**

- 30-minute guided mindful reset sessions, designed to help you reconnect with the present moment. Through mindfulness meditation, this session offers a quick and effective way to reduce stress, clear your mind, and restore balance, leaving you feeling calm and centered.

### **Unshakable: Developing Resilience in Turbulent Times**

- In this 1-hour session, participants will explore practical tools and strategies to build resilience both individually and within teams. With space for interaction and sharing, the session will focus on how to support yourself and others through turbulent times with techniques for managing stress and fostering a resilient mindset.

### **Focused Growth: 1:1 Coaching Sessions**

- Allow your team to experience the personalized support of individual coaching sessions to take a deeper dive into specific challenges and opportunities, gain clarity and develop strategies to overcome obstacles

\*Contact Sarah for Pricing and Scheduling

**Sarah Moody-** Leadership Consultant & Coach

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As a leadership consultant, Sarah works with teams and organizations to get clear about where they are, where they want to be and what is getting in the way, and empowers employees with the skills and tools to lead from all levels. She loves coaching individuals who are ready to move towards more inspired and intentional lives.

Based in the beautiful mountains of Western Montana, Sarah is an Associate Certified Coach and holds a certificate in Spiritual Psychology from the University of Santa Monica adds a psychological and soul-centered approach to her leadership. Sarah was an NCAA Rowing Coach, got a master's degree in environmental studies, and spent 13 years working for the government both for the US Forest Service and the National Park Service before transitioning to a full-time leadership consultant and coach where her work includes facilitating the Middle Leader Program for the US Forest Service. Inspired by her diverse experiences, Sarah enjoys challenging teams to see interconnections and understand the systems that are impacting employees.

