

# **GreenThumb Coaching**

## MONTHLY COACHING SESSION & MENTORING

*Shey Morton / Approach Coach*

### **OVERVIEW & PURPOSE**

We will work on branding and building a solid business structure, as well as increase your education in your industry so that you can master your brand. We will be using and implementing tools necessary to help you grow. Growing your resource pool to expand your network and alliance. Goal setting and time management, along with additional support and affirmation.

I want you knowledgeable and have all the tools you need to grow.

### **MONTH TO MONTH COACHING INCLUDES**

1. 1 Hour Sessions ( Via Phone / video / Office )
2. Weekly Assignments / Your Goals getting accomplished! "Watch your vision come to life as you get things done!"
3. Custom Task Calendar to help you stay managed. Along with a (13 Step ) plan of action tailored to fit the goals you are working toward.
4. Bi Monthly Networking Events ( Virtual or Location )

### **OBJECTIVES**

- Assist in creating a strong platform for your business, ie system, legal, branding and marketing.
- Answer any questions and be a valuable resource for your education and support.
- Help you win! Provide Motivation and Encouragement.

### **MATERIALS NEEDED**

1. Laptop or/and Tablet
2. 5 Subject Notebook - great for notes and information. I don't recommend trusting electronics 100% - It's always good to have back up. Notebooks are great when those amazing ideas come to mind. Write them down!
3. Pack of Post Its

### **PAYMENT**

Month to Month Payment ( No Contract )

1. Payment Due BEFORE services monthly
2. All Coaching Sessions are scheduled for a month in advance.
3. Payments can be made - Cash / Cash App / Credit Card
4. There is NO REFUNDS on Coaching payments
5. Financing Available on Coaching Packages with recurring payment

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## **CANCELLATIONS OR RESCHEDULES**

Reschedules: If unable to keep scheduled appointment, please check coaching calendar to schedule a new time and date . Must be within the same week. Missed coaching sessions do NOT roll over to the following month. All sessions must be complete within a 30 day span. Scheduling Link> [www.calendly.com/business911now](http://www.calendly.com/business911now)

Cancellations: Same day cancellations canNOT be rescheduled. We can no longer fill that space at the last minute. It will count as a session.

## **NOTES**

*To get the most out of your session try to stick to growing one business at a time and having questions you need answered written down and ready when we talk.*

*!! It is your responsibility to take notes and follow thru with needed task and business assignments.*

- All Clients will be added to our Online Classroom. ( You will be emailed access )

## **CLIENT/STUDENT REQUIREMENTS**

In order for this to work. We must be accountable to one another and stay focused and fixated.

1. Attend all Coaching Sessions - On Time & Ready to grow!
2. Check Classroom weekly for assignments and announcements
3. Check In - In the Accountability Group with updates and goals weekly.
4. Make sure to write down all questions or concerns to have for sessions
5. Set time aside that belongs ONLY to the business.
6. Follow Up on All meetings and contacts ( Opportunities )
7. Be Open Minded / Aware / Present & Productive
8. Be willing to be uncomfortable

Contact your Coach When:

- You have hit a roadblock - and need some direction
- You feel overwhelmed - and need resolution
- You feel discouraged - and need a cheerleader
- You have questions - and need answers
- You have a opportunity - and need a co-signer on the idea or decision
- You are behind in your homework/assignments - and need an extension
- Your Goals have changed - and need confirmation
- You have AMAZING ACCOMPLISHMENTS to share - and you want to share.
- You have SMALL ACCOMPLISHMENTS to share - and you want to celebrate.