



Life-Work Coach Skloot Consulting

— Put Your LIFE First —

Coaching with the Life-Work Coach will help you...

- Reduce your feelings of stress, overwhelm and guilt
- Gain focus and clarity on your priorities
- Regain control over your goals and plans
- Find happiness and zest in your personal endeavors
- Achieve success and purpose in your career
- Move smoothly through major life transitions
- Live the Life-Work Balance that works for you and your family!



Group Coaching

Group Coaching is a wonderful, affordable and uniquely powerful way to receive Life-Work Balance coaching in a structured format. You'll receive guidance and support from me as well as from other working women – women who “get it”! We all have the same goal: To Live AND Work with Balance!

When you join a Life-Work Balance Coaching Group, you'll work with me personally as I lead the group session by session through the segments and aspects of my Life-Work Wheel ©. You'll also learn and receive support through this process from the other members of your group who are travelling the same path. You'll create a community of working women who build each other up, challenge one another and grow into your own, unique Life-Work Balance.

Please contact me at Kari@SklootConsulting.com or 847-778-8219 for more information and to figure out which group option is best for you.



Live AND Work With Balance Groups

Four-Week Group	Six Week Group	Six Month Intensive Group
Explore One Life-Work Balance segment each session in a structured and supportive group setting.	Explore 2-3 Life-Work Balance segments each session in a structured and supportive group setting.	Explore 1-2 Life-Work Balance segments each session in a structured and supportive group setting. Additional sessions allow for a deeper exploration and the addition of accountability calls.
Four 60-minute group coaching calls; one call per week	Six 90-minute group coaching calls; one call per week	Twelve 90-minute group coaching calls; two calls per month PLUS twelve 45-minute accountability calls with Kari and your peer partners; two calls per month
	One 45-minute laser-focused individual coaching call with Kari during the six-week session.	Two 45-minute laser-focused individual coaching calls with Kari during the six-month session
Unlimited email access to Kari during the four-week session and the four weeks immediately following.	Unlimited email access to Kari during the six-week session and the six weeks immediately following.	Unlimited email access to Kari during the six-month session and the six-months immediately following (one full year).
All group calls will be recorded, so if you miss a call you can listen to the recording.	All group calls will be recorded, so if you miss a call you can listen to the recording.	All group calls will be recorded (not accountability calls), so if you miss a group call you can listen to the recording.
Additional individual coaching and programs may be purchased at a 20% discount during the four week session.	Additional individual coaching and programs may be purchased at a 20% discount during the six week session.	Additional individual coaching and programs may be purchased at a 20% discount during the six month session.
Groups of 4-16	Groups of 4-8	Groups of 4-8
\$ 67 investment	\$ 197 investment	\$ 697 investment (payment plans available)

Please contact me at Kari@SklootConsulting.com or 847-778-8219 if you would like to schedule a Specialized Group Program for your networking, business or community group members.