

POLKA DOT COACHING

Earlier this year I asked what you wanted from me and it's coming through loud and clear. You want Group Coaching! That's perfect, because I want to give you Group Coaching.

Group Coaching gives you all of the glory of full support coaching in a collaborative, supportive group where you can really spread your wings. Each Polka Dot Group is made up of 4-6 awesome, like-minded women with similar goals and stumbling blocks.

How It Works

You'll select the best group for your needs: The Creative Hive or Passion Buzz. When you sign up you'll fill out a handy, dandy worksheet, which will give me an idea of your needs and wants. Then we'll all get together (me included!) twice a month (90 minute sessions) for 3 months to bust through blocks, dismantle fears and get some really juicy stuff percolating.

Plus each member will get her own personal 45-minute coaching session with me once a month. All of that for \$200 a month (or \$600 for the 3 months!)

Why Group Coaching Rocks

1. **You're instantly tied into a killer support group.** You'll be in a group with 3 other awesome, talented women who can help you through your challenges, help you celebrate wins and let you know that you are not alone!
2. **The sessions are super-sized!** My 1-on-1 sessions are 45 minutes long. These group sessions are 90 minutes. You get double the coaching goodness each time you get on the line.
3. **You can't beat the price.** Group coaching is packaged into 3 months of group support plus the 3 sessions of private support. That equals over \$1,200 of private coaching. By signing up for group coaching you are saving over \$600 over the 3 months. Six hundred bucks, y'all!
4. **You still get oodles of support from me.** Just because it's group coaching doesn't mean you miss out on having access to me. I'll be present at each call plus we'll have some one-on-one time each month to really dive deep into your challenges.

Sounds exciting, yes? Keep reading below for details on each group



Passion Buzz

You've heard me say it before: **the world needs you to do what you love.** But what if you're having trouble figuring out what truly makes your heart sing?

Allow me to help you!

- Are you feeling stuck in the muck of uncertainty + doubt?
- Are you ready to really pinpoint what really makes your heart soar?
- Are you ready to bring more joy into your everyday life?
- Have you thought of making a living doing what you love?
- Are you ready to step more fully into the deliciousness that makes you YOU?

Fantastic - Let's do this together!

Passion Buzz is for young women who are ready to fully tap into their unique talents & gifts and begin living the life they crave. You'll go through the journey of discovering your passions, superpowers and mission with a group of supportive, collaborative women. Need to know more? All of the details are below:

You get: Six 90-minute group coaching sessions + three 45-minute individual coaching sessions, with email support, worksheets + check-ins between sessions.

Beginning: January 18th, 2012 – March 28st, 2012

It all happens: Every other Wednesday (for the group gatherings) + scheduled monthly meetings (for your solo time).

You'll invest: \$600 (broken into three payments of \$200).

And you'll feel: Invigorated, on fire, completely nurtured in your journey, and 100% clear on the superpowers you bring to the world.

[Fab, sign me up!](#)

Use the 'Sign me up' links above to register or email me at nblades@gmail.com with any questions!



The Creative Hive

There's nothing more frustrating than getting stuck in the incubation stage of an exciting new project. For some reason you just can't seem to move past 'Go' on your juicy, big idea. Meanwhile you're watching your colleagues & competitors launch creative projects left and right.

You're just as creative, clever and innovative. But something is keeping you from executing on your brilliant idea.

Maybe you're not sure if your idea has legs. Maybe the idea of bringing your Big Idea into reality feels overwhelming, exhausting, or too big for one lifetime. Or maybe you're simply afraid of failing.

That's where The Creative Hive comes in. The Creative Hive is for visionary women seeking connection, camaraderie and advanced life coaching support to bring their creative project into reality. Intrigued? I've spilled all the details below:

You get: Six 90-minute group coaching sessions + three 45-minute individual coaching sessions, with email support, worksheets + check-ins between sessions.

Beginning: January 11th, 2012 – March 21st, 2012

It all happens: Every other Wednesday (for the group gatherings) + scheduled monthly meetings (for your solo time).

You'll invest: \$600 (broken into three payments of \$200).

And you'll feel: Connected, courageous, seriously supported by your creative + ambitious comrades, and 100% jazzed to bring your creative vision into reality.

[Awesome, sign me up!](#)

Use the 'Sign me up' links above to register or email me at nblades@gmail.com with any questions!