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Personal (Life) Coaching Programs

Personal Coaching for Parents

- *Recommended: Two hour-long coaching sessions a month for at least 3 months.*
- Improve your relationship and interactions with your kid(s)/teen(s).
- Effectively manage conflict with your kid(s)/teen(s).
- Improve your ability to effectively parent at home.
- Help your kid(s)/teen(s) develop emotional agility and resilience to overcome challenges and setbacks.
- Gain coaching skills to help your kid(s)/teen(s) become more confident and self-reliant.
- Strengthen your self-confidence, emotional agility, adaptive coping skills, and resilience.
- Increase your overall happiness, well-being, and self-care.

****Assessments to discover personality type, hard wiring, conflict style, interpersonal needs, emotional intelligence capacity may be added for an additional cost.***

Personal Coaching to Maximize Strengths and Identify What's Next

- *Recommended: Two hour-long coaching sessions a month for at least 3 months.*
- Discover your life's purpose.
- Identify what's next for you in your career.
- Identify your top strengths, talents, and capabilities.
- Learn how to maximize your strengths to optimize your career performance.
- Strengthen your self-confidence, emotional agility, adaptive coping skills, and resilience.
- Increase your overall happiness, well-being, and self-care.

****Assessments to discover personality type, hard wiring, conflict style, interpersonal needs, emotional intelligence capacity may be added for an additional cost.***

Personal Coaching to Transition into Retirement

- *Recommended: Two hour-long coaching sessions a month for at least 3 months.*
- Discover your new purpose in retirement and identify what's next for you.
- Successfully transition into retirement to maximize your overall happiness, well-being, and self-care.
- Improve your relationship building skills and strengthen your personal relationships.
- Assess and strengthen your energy capacity in the four domains of mind, body, emotion, and spirit.
- Strengthen your self-confidence, emotional agility, adaptive coping skills, and resilience.




****Assessments to discover personality type, hard wiring, conflict style, interpersonal needs, emotional intelligence capacity may be added for an additional cost.***

Personal Coaching to Become Your Best Whole Self

- *Recommended: Two hour-long coaching sessions a month for at least 3 months.*
- Improve your relationship building skills and strengthen your personal relationships.
- Assess and strengthen your energy capacity in the four domains of mind, body, emotion, and spirit.
- Strengthen your self-confidence, emotional agility, adaptive coping skills and resilience.
- Increase your overall happiness, well-being, and self-care.

****Assessments to discover personality type, hard wiring, conflict style, interpersonal needs, emotional intelligence capacity may be added for an additional cost.***

Assessments

- **Myers-Briggs Type Indicator® (MBTI®) Step II** is used for understanding individual personality type and its relationship to performance, interpersonal relationships, and communication. 
- **Thomas Kilmann Conflict Mode Instrument™ (TKI)** is used for understanding how different conflict-handling styles affect interpersonal relationships and group dynamics.
- **The Fundamental Interpersonal Relations Orientation–Behavior™ (FIRO-B®)** instrument helps people understand their behavior in interpersonal situations and the impact it has on other individuals and in team settings. 
- **The Emotional Quotient Inventory (EQ-i®) 2.0** examines social and emotional strengths and areas of development in 15 key areas that contribute to proficiency in complex activities such as conflict resolution and planning. 
- **Change Style Indicator®** measures preferred style in approaching, addressing, and managing through change - addressing both initiated and imposed change.
- **The Stress Profiler** assesses 10 different areas of stress and offers practical advice and useful tips for better coping with each stress area.
- **Decision Style Profile®** is a decision-making assessment that empowers leaders to make better decisions by enlightening them on how to choose the most effective and appropriate decision-making styles for given situations. It also strengthens their awareness of effective outcomes based on the level of inclusion of others in the decision-making process.
- **AcuMax Index®** assesses natural wiring, best environment in which to thrive, elements of behavior and personality driven by nature, and thought processes and information necessary for effective decision making.