

*Why is Kaizen Coaching a great idea for you?*

- Created by an artist and business person for an artist and business person.
- We start where you are at.
- You decide your results.
- It's not about how great you are as a performer, but about whom you are as an artist. Excelling in skill flows out of that.
- Relationship is priority.
- Kaizen Coaches specialize in listening and asking questions to guide you to your answers.
- Private and confidential Coaching to help you realize your capacity to create, lead and reach goals, and, in the process, assist you to find ways to create this life and work. Win win partnerships that are creating legacy are the result.
- Support and accountability for your personal and professional wellness.

“If you are not prepared to be wrong, you will not come up with anything original.” - Sir Ken Edwards

*What is Kaizen Works Coaching?*

Kaizen Works Coaching IS:

- Leadership Coaching
- Creative Coaching
- Partnership Coaching
- Personal Development Coaching
- Executive Director or Assistant Coaching
- Stage and Film Director Coaching
- Actor Coaching
- Designer Coaching
- Singer/ Voice Coaching
- Piano Accompanist Coaching
- Piano Soloist Coaching
- A way to find some direction about leadership and performance of an art.
- A personable way to develop your capacity to create, lead and reach goals.
- A way to give momentum and meaning to life and to work.
- A way to support and grow your personal and professional wellness (in other words, your whole person).
- Dependant on the individual's capacity to apply oneself.

Kaizen Coaching is NOT:

- A full substitute for the developing your artistic skills which can be gained through lessons from an expert in a field.
- The answer to any or all questions about leadership or performance.
- Business Coaching.
- Counseling.

## **Coaching Programs**

### **During 1<sup>st</sup> Session: "About You" Questions**

This is a must for every person considering Coaching with Kaizen Works. It is an opportunity for you to answer some key questions with your Coach about your life and person. These questions reveal your strengths and potential. This step is the key to getting the most out of your time with your Coach.

The process of answering these questions will insure your Coach and you are on the same page and that the direction we head with your Coaching is working with the rest of your life and person.

And the Coach answers them as well!

### **Leadership Coaching (for any Business Person / Executive Director or Assistant)**

typically consists of:

- "About You" Questions (as above)
- 1 hour Sessions by phone/ Skype or 1 hour Sessions by visit by special arrangement:
  - Temperature check on how week has gone personally
  - Review of goals to reach by this week and challenges
  - Goals setting and celebrations
  - Next steps
  - Next session
- Access to Coach by email or phone between sessions
- Strategies and tools implemented depend on your ability to undertake the workload involved.
- Access to resources and tools known to and used by Kaizen Works.

### **Personal Development Coaching (for anyone wanting coaching for their person)**

typically consists of:

- "About You" Questions (as above)
- 1 hour Sessions by phone/ Skype or 1 hour Sessions by visit by special arrangement:
  - Temperature check on how week has gone personally
  - Review of goals to reach by this week and challenges
  - Goals setting and celebrations
  - Next steps
  - Next session
- Access to Coach by email or phone between sessions
- Strategies and tools implemented depend on your ability to undertake the workload involved.
- Access to resources and tools known to and used by Kaizen Works.

**Director Coaching (for the Stage or Film Director)** typically consists of:

- "About You" Questions (as above)
- 1 hour Sessions by visit if working on approach (currently available only in the Calgary area unless by special arrangement) or 1 hour Sessions by phone/Skype if working on personal growth and professional development
  - Temperature check on how week has gone personally
  - Review of goals to reach by this week and challenges
  - Goals setting and celebrations
  - Next steps
  - Next session
- Access to Coach by email or phone between sessions
- Strategies and tools implemented depend on your ability to undertake the workload involved.
- Access to resources known to and used by Kaizen Works.

**Actor Coaching** typically consists of:

- "About You" Questions (as above)
- 1 hour Sessions by visit if working on technique (currently available only in the Calgary area unless by special arrangement) or 1 hour Sessions by phone/Skype if working on personal growth and professional development
  - Temperature check on how week has gone personally
  - Review of goals to reach by this week and challenges
  - Goals setting and celebrations
  - Next steps
  - Next session
- Access to Coach by email or phone between sessions
- Strategies and tools implemented depend on your ability to undertake the workload involved.
- Access to resources known to and used by Kaizen Works.

**Designer Coaching** typically consists of:

- "About You" Questions (as above)
- 1 hour Sessions by visit if working on technique (currently available only in the Calgary area unless by special arrangement) or 1 hour Sessions by phone/Skype if working on personal growth and professional development
  - Temperature check on how week has gone personally
  - Review of goals to reach by this week and challenges
  - Goals setting and celebrations
  - Next steps
  - Next session
- Access to Coach by email or phone between sessions
- Strategies and tools implemented depend on your ability to undertake the workload involved.
- Access to resources known to and used by Kaizen Works.

**Voice Coaching (for the actor or singer)** typically consists of:

- "About You" Questions (as above)
- 1 hour Sessions by visit if working on technique (currently available only in the Calgary area unless by special arrangement) or 1 hour Sessions by phone/Skype if working on personal growth and professional development
  - Temperature check on how week has gone personally
  - Review of goals to reach by this week and challenges
  - Goals setting and celebrations
  - Next steps
  - Next session
- Access to Coach by email or phone between sessions
- Strategies and tools implemented depend on your ability to undertake the workload involved.
- Access to resources known to and used by Kaizen Works.

**Piano Accompanist Coaching** typically consists of:

- "About You" Questions (as above)
- 1 hour Sessions by visit if working on technique (currently available only in the Calgary area unless by special arrangement) or 1 hour Sessions by phone/Skype if working on personal growth and professional development
  - Temperature check on how week has gone personally
  - Review of goals to reach by this week and challenges
  - Goals setting and celebrations
  - Next steps
  - Next session
- Access to Coach by email or phone between sessions
- Strategies and tools implemented depend on your ability to undertake the workload involved.
- Access to resources known to and used by Kaizen Works.

**Piano Soloist Coaching** typically consists of:

- "About You" Questions (as above)
- 1 hour Sessions by visit if working on technique (currently available only in the Calgary area unless by special arrangement) or 1 hour Sessions by phone/Skype if working on personal growth and professional development:
  - Temperature check on how week has gone personally
  - Review of goals to reach by this week and challenges
  - Goals setting and celebrations
  - Next steps
  - Next session
- Access to Coach by email or phone between sessions
- Strategies and tools implemented depend on your ability to undertake the workload involved.
- Access to resources known to and used by Kaizen Works.

### Steps to a Coaching Partnership

1. Apply online at <http://www.coaching.kaizenworks.org>.
2. Receive confirmation of Coach's interest and Coach's name.
3. Receive a link to the purchase page.
4. Purchase Coaching Package online or send payment to Wanda Reinholdt Box 154 Hussar, Alberta T0J1S0.
5. Receive confirmation of purchase.
6. Receive confirmation of time and start date of Coaching.
7. Receive waiver.
8. Return waiver signed.

\*Coaching will proceed with the completion of all steps.

### Investment

- Each rate is subject to 5% GST.
- Bonus- 1 month is 4 weeks. Therefore, for 1 and 2 and 3 month investments, receive 1 or 2 or 3 additional sessions respectively.
- Larger packages provide:
  - Savings as high as \$120!
  - The more time you book, the more likely Kaizen will have a spot for you. For e.g. a Client booking a 3 Month Package is more likely to begin Coaching immediately than a Client booking 1 week.
  - You and your Coach will be able to journey farther towards reaching your goals if the partnership between you is for longer periods of time.

50 minute bi-weekly sessions with email access between sessions:

- 3 months \$480 + 5% GST= 16 hours of Coaching (value of over \$600; 8 sessions)
- 2 months \$320 + 5% GST = 10 hours of Coaching (value of over \$400; 5 sessions)
- 1 month \$160 + 5% GST = 6 hours of Coaching (value of over \$200; 3 sessions)
- Weekly \$60 + 5% GST = 2 hours of Coaching or 1 session (with phone and email access for one week only)