

# #Undeclared 360 coaching and strategies

#Undeclared 360 Coaching & Strategies is designed to help you establish your "Be" and step into your "Do" in the areas of leadership, personal development, and college transition. Dr. Matisa Wilbon will get you from *here* to **there** as she shares her wisdom, expertise, and proven strategies.

## what to expect:

- 6 OR 12 MONTH INDIVIDUAL COACHING SESSIONS
- INITIAL CONSULTATION
- PERSONALIZED STRATEGIC PLANNING SESSION
- ONE VIRTUAL SESSION PER MONTH
- EMAIL ACCESS TO DR. WILBON

**\$180/MONTH**

ALL SESSION DATES & TIMES ARE SCHEDULED IN ADVANCE. SHOULD YOU CANCEL, YOU ARE ALLOTTED ONE MAKEUP SESSION PER PACKAGE.

choose your package:

## LEADERSHIP COACHING

**No matter your background or job title developing strong leadership characteristics is essential to your life success. Dr. Wilbon will help you:**

- Create Your Vision
- Develop an Informational Interviewing Strategy
- Identify What Makes You Indispensable To Your Clients & Organization
- Maximize Your Area of Brilliance
- Develop Your Career Plan
- Design Value Integration In Your Career Strategy
- Plan & Prioritize Strategies
- Handle Miscellaneous Career Issues

## PERSONAL DEVELOPMENT COACHING

**Personal development coaching is designed to help you discover, cultivate and use your talents, passions and interests. Dr. Wilbon will help you:**

- Identify Your Purpose
- Clarify What Makes You Unique & Exceptional
- Magnify How You Step Into Your Brilliance
- Manage The Gap Between Here & There

## COLLEGE TRANSITION COACHING

**Dr. Wilbon will provide the strategies needed for students to survive the first year of college and then thrive until graduation in the areas of:**

- Time Management & Organization
- Stress Management
- Accessing Support Services
- Motivational Accountability
- Self-Advocacy
- Fostering Your Resilience
- Managing & Maintaining Relationships
- Value Assessment & Prioritization
- Integration Into College Culture & Finding Your "Niche"

**APPLY FOR #UNDEFEATED 360 TODAY!**