

How We'll Work Together

EXECUTIVE & LEADERSHIP COACHING WITH SPARK ENGAGEMENT



I'm excited that we'll be doing this important work together. This is a short guide to how our coaching works - the rhythm of our sessions, what coaching is and isn't, and how to get the most from our time.

How Our Work Flows

You can't lead others well until you've learned to lead yourself. That's where we start - building the self-awareness underneath the skills, because that's what makes them stick. Your CliftonStrengths results and our first discovery conversation set that foundation, and from there every session is shaped around you: your strengths, your goals, and the leader you're becoming.

We meet for about 60 minutes, once a month or however your schedule allows. Your first six sessions are a foundation - enough time to practice, reflect, and see real movement. After that, we continue month to month for as long as it's serving you. I book one session at a time, so there's nothing to map out today; after each session you'll get a link to schedule the next.

What You'll Take With You

Coaching with me goes beyond our one-hour session. After every session, you'll receive a personalized written summary - what you discovered, the strengths behind it, the commitments you made, and reflection questions to carry forward. The work keeps going between sessions, and you build a durable record of your own growth.

What Coaching Is

Coaching is a thinking partnership. I'll ask you a lot of questions - ones that help you think about yourself, and how you interact with others, in ways you might not have before. We'll talk about your past experiences, your current challenges and wins, and your big goals and dreams for the future. I can offer suggestions, tools, and strategies along the way, but real growth happens when you identify your own next steps. That's the work, and it's why

coaching isn't a quick fix or a fixed curriculum - it's built around you, over time.

How to Get the Most From This

The more openly you engage, the more valuable this work becomes. Come ready to talk about the real situations you're facing rather than the polished versions, and give yourself time between sessions to sit with the summary and reflection questions, since that's where much of the growth takes shape. The willingness to look inward, even when it's uncomfortable, is what moves everything forward.

A Few Practical Things

Your investment is \$2,500 to begin, which covers your CliftonStrengths assessment and our first six sessions. After that, sessions are \$400 each, billed monthly.

A free 20-minute conversation is always available before you purchase, so we can make sure we're a good fit. If you change your mind before I send your CliftonStrengths assessment code, I'll refund your payment in full. Once the code has been sent, your purchase is nonrefundable.

If you ever need to reschedule, just give me as much notice as you can, at least 24 hours whenever possible, so we can find a new time that works. I promise to do the same.

After your first six sessions, we continue month to month. When you're ready to wrap up, just let me know by email.

And what you share with me stays between us. This is your space to think out loud, be honest about what's hard, and consider new ways of leading and growing without it going anywhere else.

If you have any questions before we begin, please reach out any time. I'm looking forward to this work!

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