

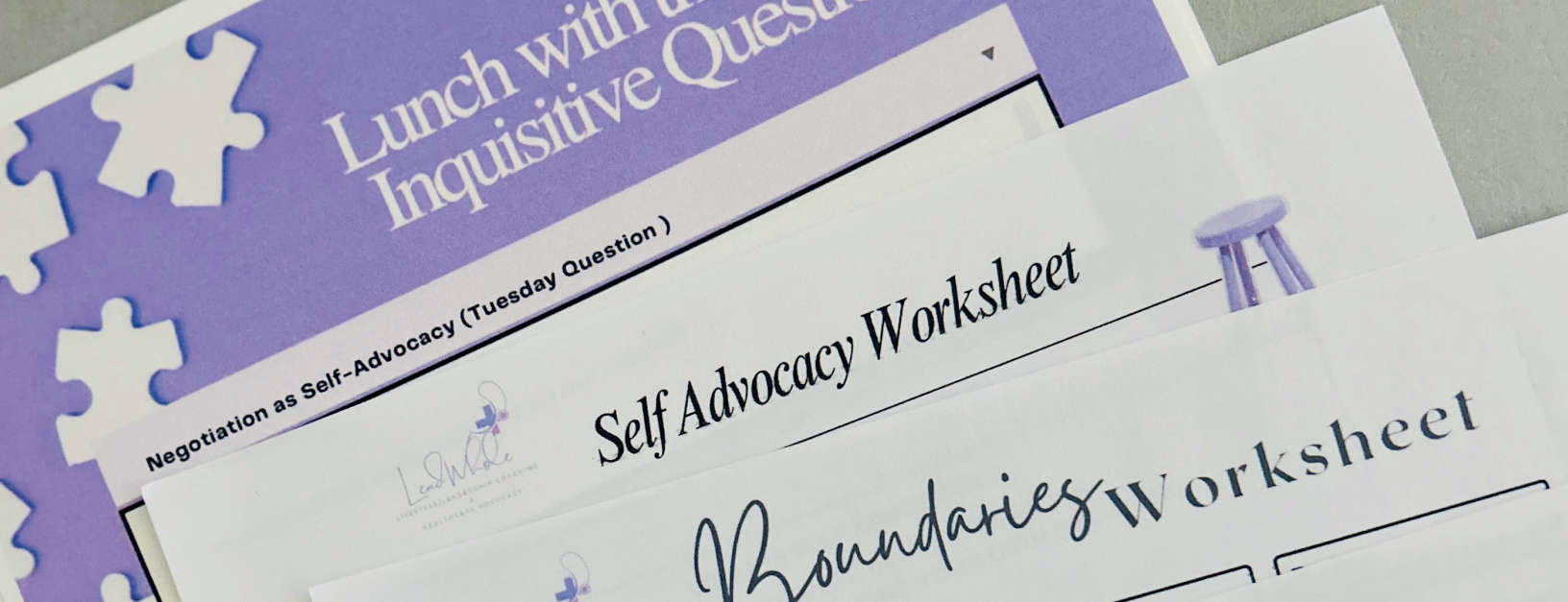


Services & Pricing Guide



LEADWHOLE COACHING 2025

www.leadwholecoaching.com



Welcome to LeadWhole

Our coaching services are designed specifically for individuals who have experienced workplace trauma, are who are ready to rebuild their confidence, regain clarity, and reclaim control of their lives and their careers. Through a compassionate, trauma-informed approach, we help you navigate past experiences, restore self-belief, and empower your return to a purposeful and resilient professional life.

Note: I do not act as or work under the scope of a licensed therapist, our Reclaim sessions are strictly based on coaching principles. Our Programs help:

- Clarify your vision and values
- Break limiting habits and beliefs
- Build confident, courageous leadership
- Design a lifestyle that fuels your goals — not drains them

Coach Carol

Founder, LeadWhole Coaching & Healthcare Advocacy



My Coaching Model

“As a Coach & Inspirational Motivator”
Certified Professional Coach

Carol specializes in lifestyle & leadership development coaching, with a special focus in Reclaim © * workplace trauma recovery coaching. Carol, is also a registered nurse of 28 years, a business consultant & mom, who offers individual and group coaching programs & retreats. In addition to her Reclaim © Coaching Model, Carol, through her exclusively developed “Soil to Soul II” Group Coaching format, provides a creative workshop-based experience that her clients have grown to love.

All coaching sessions/programs (individual and group) follow the ICF Code of Ethics and require a coaching contract.

*The Reclaim © Coaching Model the Soil to Soul II Group Coaching Program are exclusive coaching program of LeadWhole Coaching & Healthcare Advocacy. All Rights Reserved. Copying and unauthorized use and publishing are prohibited.



Carol L Hill RN, BS, MHA, CPC
Certified Professional Coach

“One of the foundational elements of any coaching program is helping clients develop self-awareness. By understanding one’s emotional triggers, behavioral patterns, and communication style, individuals become better equipped to interact with others from a place of empathy rather than reactivity.”



Why Choose LeadWhole?

LeadWhole Coaching is about overcoming work place trauma and developing the tools you will need to help you to continue to thrive and grow both professionally and personally.

In a laid back but structured environment, we as a team, will use my four legged stool approach to reclaiming your time, your energy, and take back control of your life.

My four-legged approach includes:

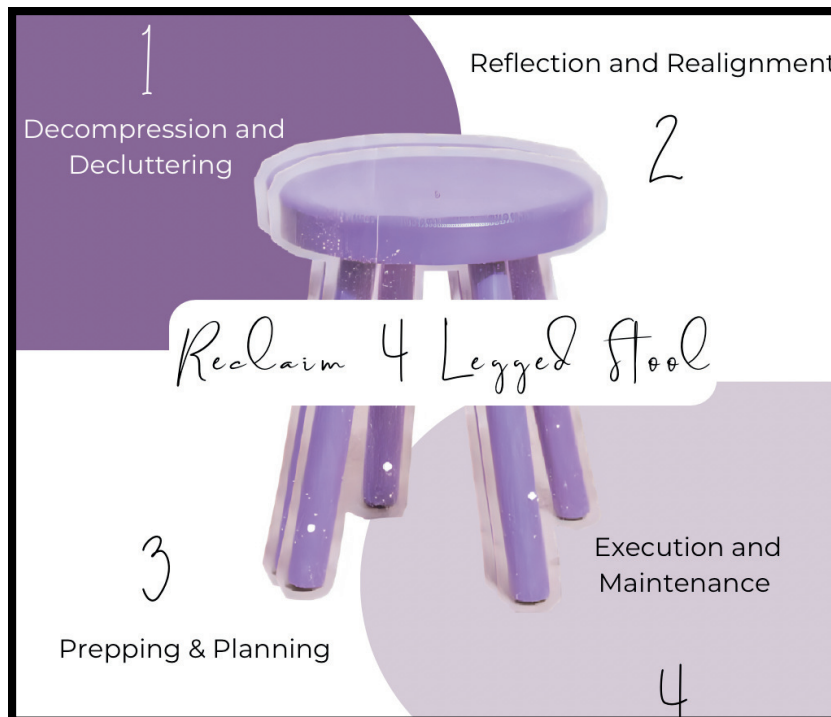
Leg 1 - Decompression and Decluttering

Leg 2- Reflection and Realignment

Leg 3- Prepping and Planning

Leg 4- Execution and Maintenance

Each leg of the stool is dependent upon the others for a stable foundation, and while you could get by focusing on one or two areas, true results occur when all legs of the stool are explored, reevaluated, and addressed.



How It Works

01 BOOK A DISCOVERY CALL

Learn about our coaching model, programming, and get to know your coach and let your coach get to know you and discover your goal.

02 SIGN THE CONTRACT

After your discovery call, you will then choose the program that's best for you and sign your coaching contract agreement.

03 PAY YOUR INVESTMENT

Pay your program fees online or if you choose we will send a digital invoice. Invoicing is generally reserved for our clients who choose to utilize our payment plan options on select programs.

04 RECEIVE YOUR ACCESS

Jump in and get started! Schedule your next appointment, access your online portal, and get ready to Reclaim your life!



COMMUNICATION

CONTACT DETAILS

607.423.2650
chill@leadwholecoaching.com
93 Clinton St. Homer, NY 13077

OFFICE HOURS

By Appointment

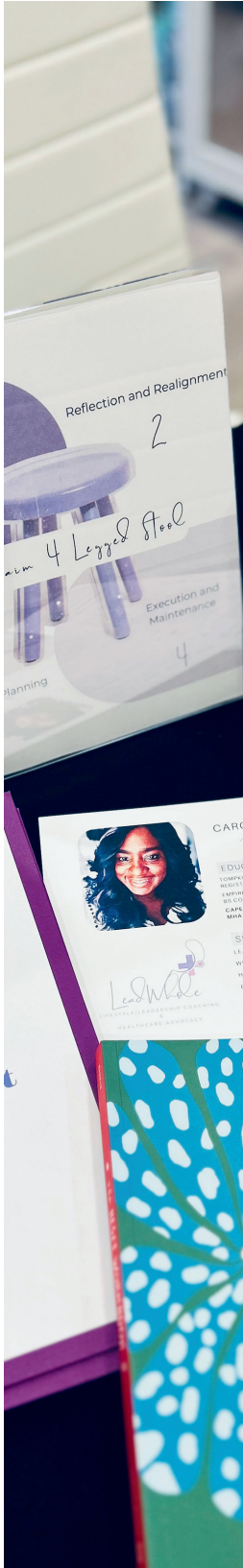
Wellbeing & Wholeness Market
Days & Times Vary

WEBSITE

www.leadwholecoaching.com

SOCIAL MEDIA

Instagram
@Coachcarolleadwhole



4 Month Reclaim Program

A 5% OFF Bundled Discount

Biweekly coaching sessions, 8 total sessions
Includes all activities, exercises, workbooks, etc.,
additionally, clients who invest in a coaching
program are entitled to the following:

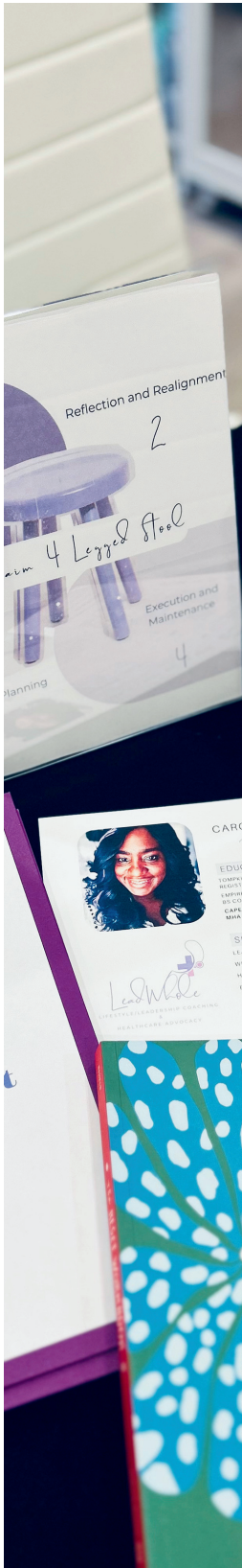
LET'S WORK TOGETHER

WHAT YOU'LL GET:

- ✓ Discounted entry fees to all LeadWhole Coaching workshops, events, and conferences.
- ✓ \$100 OFF your Reclaim Retreat Registration.
- ✓ 10% OFF LeadWhole Wellness Market purchases.
- ✓ Payment plans available upon request.

YOUR INVESTMENT

\$760



6 Month Reclaim Program

A 5% OFF Bundled Discount

Biweekly coaching sessions, 12 total sessions
Includes all activities, exercises, workbooks, etc.,
additionally, clients who invest in a coaching
program are entitled to the following:

LET'S WORK TOGETHER

WHAT YOU'LL GET:

- ✓ Discounted entry fees to all LeadWhole Coaching workshops, events, and conferences.
- ✓ \$100 OFF your Reclaim Retreat Registration.
- ✓ 10% OFF LeadWhole Wellness Market purchases.
- ✓ Payment plans available upon request.

YOUR INVESTMENT

\$1083

Reclaim Self-Paced Digital Coaching Program



Self-Paced Digital Coaching Program

Empower your growth on your schedule with our flexible, self-paced digital coaching program. Designed for professionals seeking personal and career development, this program offers expert-led modules, interactive tools, and actionable insights—anytime, anywhere. Perfect for highly motivated coaching clients who value convenience without compromising on quality.

LET'S WORK TOGETHER

YOUR INVESTMENT
\$550

WHAT YOU'LL GET:

- ✓ 6 months online access to all LeadWhole Coaching resources via My Coach Office
- ✓ All program digital materials, available downloads, documents, and videos.
- ✓ Unlimited email coaching support for 6 months and 50% OFF our individual session pricing. One FREE Booster Session is also included in this program.



Reclaim Corporate Leadership Development

1/2 Day (4 Hour Workshops)
Full Day (8 Hour Workshops)

LET'S WORK TOGETHER

SUMMARY:

- ✓ We provide all program materials based on the number of participants.
- ✓ A custom tailored program to fit your group or organization's needs (Grouped & à la carte).
- ✓ Pre-event planning meeting (Zoom or in person; local travel 50 miles or less from Homer, NY.

½ DAY (4 HOURS)

\$1,600

FULL DAY(8 HOURS)

\$3,200

À la carte per program pricing available upon request. A 50% Booking Deposit is Required

Available Program Topics

1

Mind, Ground, Vision: Vision Boarding (Goal Setting)

mindfulness & grounding workshop where we will discuss and learn about how you can use simple techniques to improve your mindset and better manage guide your goal development through vision boarding.

2

Backstory Communications

Everyone has a backstory, through the use of EI (Emotional Intelligence) skill building, learn how to communicate effectively with your colleagues and your direct reports. Better understand their backstory and what drives their professional decision making. (Effective Communications)

3

Taming the Squirrel 🐿️

Feeling scattered, and overwhelmed with your numerous competing priorities? Learn how to “tame your inner squirrel and become the master of your time. (Time Management)





4

Together We Achieve More!

Great teams aren't born, they are created through trust and mutual respect. Learn how to build a stronger and better connected team in this interactive group participation workshop. (Team Building)

5

Teflon Donna & Other Difficult Divas We Work With

Difficult people are everywhere and in every workplace. None of us are immune, but that doesn't mean we have to accept bad behavior from our peers, bosses, or colleagues. Learn how to master the skills of conflict resolution.

6

You Can't Do It All

Learn the skills required to become skilled in the business of delegation. The fact is, you can't do it all, nor should you attempt to try to. In this workshop we will teach you how to direct your teams through delegation and resource management.

7

Everything's Changing

Change can be difficult to cope with, especially when your company is in the process of transition. Learn how to effectively manage your teams through times of change and transition. (Change Management)

Additional Services



Group Coaching

Virtual and in person group coaching sessions offered at various times throughout the year

Prices Vary

Per Session Coaching

Individual coaching sessions, generally reserved for clients with past or current coaching experience but open to all. (3 Session Minimum)

\$100 per session

Keynote Speaking Events

Keystone speaking events and round table discussions.

Free-
Keynote
Speaker
Pricing

Additional Services



Reclaim Retreats

**3 Day, 2 Night weekend destination
getaway retreats. Biannually offered
in the Spring & Fall.**

Prices Vary
based on
destination

Wellbeing & Wholeness Market

**The official market place of
LeadWhole Coaching & Healthcare
Advocacy.**

In person &
online
SelfCare &
gift shop

Healthcare Advocacy Services

**Healthcare advocacy services for
adults, specializing in older adult
healthcare issues and long terms
care advocacy.**

Ask for
Pricing
Options

“

“To try is to risk failure. But risk must be taken because the greatest hazard of life is to risk nothing. The person who risks nothing ...he may avoid suffering and sorrow, but he simply cannot learn, feel, change, grow, live, and love.”

~Leo Buscaglia



Let's Get Started!

Now that you've taken the time to read all about our services, take the next steps in kick starting your coaching journey!

Schedule your initial Discovery coaching call online and reclaim your time and energy with LeadWhole!

For Leadership Development program scheduling call 607.423.2650 or email chill@leadwholecoaching.com

[SCHEDULE A CALL](#)

[LEARN MORE](#)

"I truly look forward to working with you on your coaching and leadership development journey. For additional information please visit the LeadWhole Coaching & Healthcare Advocacy website, email, or call".

Follow us on Instagram:
Coachcarolleadwhole

Coach Carol



Chill@leadwholecoaching.com

607.423.2650

www.leadwholecoaching.com



JUST CHILL

"A World Diversified"



Just Chill "A Diversified World"

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Shopping

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Share



Coaching

Follow

Schedule a Coaching Appointment Here! 🧑🏻💻🌸

