

“CHANGE IS THE ONLY CONSTANT IN LIFE.”

The Greek philosopher Heraclitus had it right when he said this. It would seem that today our society is experiencing an acceleration of this truth. People are losing their retirement savings and don't have enough money to retire. Many are losing their jobs, or yearn for healthier work-life balance. As a culture we are reassessing priorities. We are soul searching and hungrily seeking answers.

Where have we seen this before? After the dot com bubble burst in the 1990s. In 2002 after 9/11. Living in Manhattan with a husband working high up in the PR and marketing industry, Arlene Rosenberg was impacted by both of these events.

As a result of these trials, and 25 years of experience in coaching, Arlene offers powerful insight and guidance to those experiencing the pain and stress of major life changes and career transitions. She is an expert on navigating change, managing its effects on one's internal and external landscape, and emerging triumphantly.

ONE-ON-ONE COACHING

Achieve higher levels of success than you ever truly believed possible. With Arlene's support you will cast an inspired vision, identify potential blocks or obstacles to having what you desire, and then craft an action plan that bridges the gap from here to there.

- Need help clarifying your goals?
- Are you seeking a promotion or career change?
- Want to launch your own business?
- Desire productive, creative work relationships?

The structure of this program is three phases:

PHASE I \$350.00

Laying a Strong Foundation begins with in depth intake, including the DISC Behavioral Assessment which provides valuable insight into four dimensions of your behavioral style. (Prep work before session)

Discovering the “Real You” is a process in which we identify your personal behavioral style, attitudes and values in an in depth discussion of behavioral assessment and intake. (One two-hour session)

PHASE II \$499.00

Opening to New Possibilities is a process in which we identify behaviors and thoughts that limit success. We then investigate, trouble-shoot, eliminate self-sabotaging behaviors, so you can adopt new ways of being, and see and think more clearly about your dreams and goals. We conclude with a preliminary discussion of your vision. (4) 50-min sessions

PHASE III (4 months): Casting an Inspiring Vision
Highly-focused clarification and crafting of personal and business visions. See how they complement and support one another. Develop goals and milestones; determine strategies and tasks; map out action items; identify constraints and opportunities.

Platinum Package

\$499/month or one payment of **\$1,799.00**

- Four 50-minute sessions per month
(Total of 16 sessions) = 4 months
- 24/7 e-mails (24-hour turn around response time)
- Unlimited calls a month (up to 10 minutes each)
- Free Book & CD Series

Premier Package

\$389.00/month or one payment of **\$1,299.00**

- Three 50-minute sessions per month
(Total of 8 sessions) = 4 months
- 24/7 emails with 24-hour turn around response
- Free Book

PHASE IV

During this phase clients benefit from on-going, support. This phase is an extension and refinement period for the actions begun in phase II. Manifesting the master within is essential to living bigger. Move your visions forward with continued focus and efficiency. And as you grow, we regularly review and evaluate your strategies and goals, helping you shift and expand.

Gold- \$389/month

Three 50-minute sessions per month

Silver- \$279/month

Two 50-minute sessions per month

Crystal- \$199/month

One 75-minute session per month

This is an on-going support option available to those who have completed Phase I, II and at least (8) sessions in Phase III.

CHANGE MASTERMIND GROUPS

Arlene also offers group coaching programs in person and via telephone. These dynamic group coaching programs consist of six to eight highly-motivated individuals in the midst of transition. Participants also receive two one-on-one sessions.

If you are interested in enrolling, or would like more information on format, content and pricing, please visit her website or email her at ar@arlenerosenberg.com today.