



Life is a Banquet Coaching Services



Transformational Life Coaching

Group Sessions, Workshops and Webinars

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Authentic Change and Transformation (ACT) – Ten Month Coaching PACKAGE \$12,500.00



ACT is designed to help you push aside the “noise” of the outside world and approach your personal transformation without worry or concern for what others expect of them. You receive the support and tools to adapt to change. Your coaching sessions conducted in a centering, nonjudgmental environment where they are safe to feel vulnerable. You have a support system to keep you true to your goals and supported throughout the emotional ups and downs you will face. As you progress, you'll begin to respond to life from the transformed Self. This is a process of “becoming” a new you.



- 55-minute Zoom sessions
- Sessions recorded (Optional)
- Email and text support between coaching sessions.
- DISC Assessment interview
- Short- and long-term goal setting
- Psychometric DISC Assessment
- Text and email reminders for the next steps
- Written report after every coaching session.
- Monthly action item review
- Quarterly Progress Assessment
- Post coaching session follow up to assess client success at following the action plan with recommendations.
- A one-hour complimentary check-in 30 days after the completion of the coaching session to assess client executed the action plan and if additional coaching would be valuable.

CALL OR EMAIL NOW, TO START YOUR SESSION TODAY!

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- \$11,500 paid in full at time of registration. (\$1,000.00 off for payment in full)
- \$12,500 paid in two installments \$6,250 at time of registration, and \$6,250 prior to start of month 6-10.
- Sessions must begin within 60 days of registration.
- All 10 months - 40 sessions must be completed within eighteen months of the first session.
- Non-refundable / Non-transferable

AUTHENTIC CHANGE AND TRANSFORMATION (ACT) – TEN MONTH COACHING PACKAGE \$12,500.00

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As we grow from childhood to adults, our personal transformation is authentic and automatic. We lose interest in playing with toys, we blossom into teenagers, perhaps head off to college and/or become young parents. We find jobs, buy homes, raise kids, authentically progressing through the phases of life. However, at some point we may grow tired with the way things are. The way we are. We seek a different way of living. Often, it's just a deep feeling in our spirit that we desire change. It haunts us but never reveals exactly what it is we need or want in order to assuage the discomfort and anxiety that has taken up residence in our spirit and shadows our happiness.

ACT is designed to help the client push aside the “noise” of the outside world and approach their personal transformation without worry or concern for what others expect of them. It gives the client the support and tools to adapt to change. Transformation is a very personal and emotional process. It is a journey that family and friends may find impossible to understand. They find the “new you” a stranger to them and may even grow resentful and distant. For the client on the journey of transformation, the coaching sessions are a centering, nonjudgmental environment where they are safe to feel vulnerable. Clients have a support system to keep them true to their goals and support them through the emotional ups and downs they face whether within themselves or from others. ACT is the life line clients need to prevent giving up when they feel isolated and misunderstood even by themselves. As the client progresses, they shed their past self and respond to life from the transformed Self. This can be uncomfortable and strange, causing them to question their decisions and weaken their confidence. This is a natural and normal reaction because who they were and who they are becoming are in many ways strange to one another.

The client begins with exploration of their Self, using journaling, uncovering the true reasons they seek change, what they expect, and who they see themselves becoming. The sessions address the stages of transformation and how to recognize and cope with the emotional journey.

- ✓ 40 weekly 55-minute Zoom sessions
- ✓ Sessions recorded (Optional)
- ✓ Email and text support between coaching sessions.
- ✓ DISC Assessment interview

- ✓ Short- and long-term goal setting
- ✓ Psychometric DISC Assessment
- ✓ Text and email reminders for the next steps
- ✓ Written report after every coaching session.
- ✓ Monthly action item review
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AUTHENTIC CHANGE AND TRANSFORMATION (ACT) APPROACH

A DISC Psychometric assessment is conducted prior to the first session. The DISC assesses the client in four primary personality areas – Dominance, Influence, Steadiness and Conscientiousness. This helps the coach assess the client's common habits and strengths and identify their strengths and motivators to develop a realistic individual-based plan of action.

Using the assessment, a plan of action is created based on what can realistically be accomplished. This is ideal for the client who is looking to transform their life..

The Action plan includes a timeline and benchmarks for outcomes. Over the 10 months the client and coach work closely via Zoom meetings, text, and email to monitor, review and as needed revise the plan to lead the client to success.

Follow-up and check-in will be a part of every session. Clients will report on what they accomplished, where they may have become stuck, and why. Together the client and coach will identify obstacles or emotional blocks and adjust the action steps if found to be too ambitious or realistic now.

The coach is the Brain's Trust for the client. Available to sort through the confusion and pinpoint where adjustments may need to occur. Through a non-judgmental environment, the coach keeps the client honest and accountable, while simultaneously identifying and addressing the difficulties the process of change is having on them.



CONTACT INFORMATION

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Professional Profile

Shelley Bradford Bell is founder and CEO of 3FIVE55 Communications LLC, a consulting, coaching, and publishing business and publishing company. Shelley founded 3FIVE55 after 38 years of creating marketing campaigns, and providing consulting services to corporations, nonprofits, and C-suite clients, for her company SBB Communications. She founded and produced the San Francisco International Women's Day Awards Luncheon and Summit from 2011 to 2017 and the Northern California Environmental Expo, which ran for two years.

Shelley is a successful community organizer representing community organizations. She provides organizational development and strategic leadership planning to Non-profit organizations, as well as serving as Interim Director for organizations experiencing Executive Director transition.

She has created and executed public relations and promotions campaigns for a long list of corporations since 1983, specializing in public relations for small businesses, corporate relations programs, and Incentive, and Executive Travel Services and Nonprofit Management Services.

Shelley Bradford-Bell served as Executive Director of the Bayview Opera House from 1997 until 2007, raising more than \$10 million for programs and the restoration of this historic landmark.

She provided Fund Development for Booker T. Washington Community Service Center (BTWCSC), successfully helping to raise \$34 million to build a new state-of-art Community Center with transitional housing for Emancipating Youth. In 2022,

Shelley later served as Interim Director for BTWCSC during the leadership transition within the organization.