



Life is a Banquet Coaching Services



Transformational Life Coaching

Group Sessions, Workshops and Webinars

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Path To Mindful Wellness – 3-Month package \$4750.00



Through this approach, you learn how to push past the hurt, anxiety, and worry of past hurts and fears to focus on the present and the goal you desire to achieve. You are supported through each session and provided with the tools to recognize and release triggers that block your growth. You transform and mindfully focus on living life with renewed inner peace and greater self-confidence.



- 24 x 55-minute Zoom sessions
- Sessions recorded (Optional)
- Email support between coaching sessions.
- Assessment interview
- Short- and long-term goal setting
- Psychometric DISC 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 how well the client executed the action plan and if additional coaching would be valuable. Offer good for one month.
- Non-refundable – Non-transferrable

CALL OR EMAIL NOW, TO START YOUR SESSION TODAY!

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- \$4,750 paid in full at time of registration. (\$500.00 off one-month plan)
- Sessions must begin within 60 days of registration.
- All sessions must be completed within six months of the first session.
- Non-refundable / Non-transferable



PATH TO MINDFUL WELLNESS – 3-MONTH PACKAGE \$4750.00

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Sometimes our growth is blocked by our past hurts, our current anxieties, and our worries about the future. We often miss the good times in our day because we are focused on things that steal our peace of mind. We are paralyzed. Unsure and afraid of which direction to take, what task to accomplish first, and the thoughts of “what if we fail”.

When we learn to live mindfully, we release the past, we find peace. We gain the confidence in ourselves necessary for our growth, and we release fear, worry and anxiety. We grow in confidence that we have all we need to succeed.

Through this approach, the client learns how to push past the hurt, anxiety, and worry to focus only on the present and the goal they desire to achieve. The support given through each session and techniques provided to recognize and release triggers allow the client to focus on the goal with renewed inner peace and greater self-confidence.

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PATH TO MINDFUL WELLNESS APPROACH

A DISC Psychometric assessment is conducted. 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 within a short-term plan. This is ideal for the client who wants to focus on a specific short-term goal.

The Action plan includes a timeline and benchmarks for outcomes. Over the 3 months the client and coach work closely via Zoom meetings and email to monitor, review and as needed revise the plan to guide the client to success.



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.