



## **Life is a Banquet Coaching Services**



**Transformational Life Coaching**

**Group Sessions, Workshops and Webinars**

**[WWW.SHELLEYBRADFORDBELL.COM](http://WWW.SHELLEYBRADFORDBELL.COM)**

Shelley@shelleybradfordbell.com  
415-749-1083  
800-605-3790



## Banquet List One-Month Coaching Package – \$1,750.00



Through this process, you learn how to “Feast on Life”. You learn how to put action to your dreams. The sessions guide you as you layout your dream, then shows you how to take small significant actions to achieve the dream. You will develop a new mindset. You will learn to say yes to the things you want more of in your life, and how to balance responsibilities and dreams to experience the things, both great and small, that have been pushed into a bucket mentality. This approach teaches how to feast. It teaches you how to evaluate the things you must do while including the things they desire.



4 x 55-minute sessions via Zoom  
Email Support

Sessions recorded (Optional)

Short-term goal setting, and tentative action plan with benchmarks.

Final evaluation/assessment report provided at end of session.

An assessment of Short-term goals is conducted. A review of what you wish to accomplish and what can realistically be accomplished in the short-term plan is provided. From there a Plan of Action with timeline of benchmarks is developed based on the client's current reality, ability, and willingness to execute the plan. This is ideal for the client who wants to focus on a specific short-term goal.

CALL OR EMAIL NOW, TO START YOUR SESSION TODAY!

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- \$1,750 paid in full at time of registration.
- Must be used in one 30-day period.
- 3 Sessions must begin within 60 days of registration.
- Non-refundable / Non-transferable



## **BANQUET LIST ONE-MONTH COACHING PACKAGE – \$1,750.00**

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2. Must be used in one 30-day period.
3. Sessions must begin within 60 days of registration.
4. Non-refundable / Non-transferable

When the film “The Bucket List” came out everyone embraced the ‘it’s on my bucket list mantra’. But bucket lists are what you make when you are nearing the end of life. You say if I could just get a bit more time, I would do these things. For many putting it on their bucket list was putting it out of sight and out of mind. Without immediate action we fall back into our routines and forget about our dreams. It becomes a deep part of our unconscious selves that putting it on a list is as far as it will go.

Through this process, the client learns how to “Feast on Life”. They learn how to put action to dreams. The sessions guide the client into how to layout the dream, then take small significant actions to achieve the dream. Clients develop a new mindset. They learn to say yes to the things they want more of in their lives, and how to balance responsibilities and dreams to experience the things, both great and small, that have been pushed into a bucket mentality. This approach teaches how to feast. It teaches clients how to evaluate the things they must do while including the things they desire.

- ✓ 4 x 55-minute sessions via Zoom
- ✓ Email Support
- ✓ Sessions recorded (Optional)
- ✓ Short-term goal setting, and tentative action plan with benchmarks.
- ✓ Final evaluation/assessment report provided at end of session.

### **BANQUET LIST APPROACH**

An assessment of Short-term goals is conducted. A review of what you wish to accomplish and what can realistically be accomplished in the short-term plan is provided. From there a Plan of Action with a timeline of benchmarks is developed based on the client’s current reality, ability, and willingness to execute the plan. This is ideal for the client who wants to focus on a specific short-term goal.



### CONTACT INFORMATION

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### ONLINE PRESENCE

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[www.3FIVE55.com](http://www.3FIVE55.com)

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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.