

POWER COACHING

EXPERIENCE PROFOUND
PERSONAL & PROFESSIONAL
TRANSFORMATION



DONOHUE
CONSULTING, INC.



Patrick Donohue
ICF Certified Coach, MCC
11 years experience
900+ clients
Author, Red Zone Fathering



Binita Donohue, LCSW
30+ years experience
Evidence-based frameworks for change
Integration of trauma-informed and strengths-based coaching

WHAT YOU GET:

Start to experience the change you've been seeking for yourself and your team.



PRIVATE SESSIONS

10 monthly sessions (90 min) with both experts, Patrick and Binita.



ACTIONABLE TASKS

Targeted and impactful homework to continue moving forward post session.



ON-GOING SUPPORT

Ongoing encouragement and support through text and email.



Investment: \$7500 per person

THIS IS FOR YOU, IF:

- Consistently frustrated with the productivity from your team or yourself?
- Getting angry and making small issues into major problems?
- At a loss to understand the underlying issues/dynamics/diversity on your team?
- Scrambling to stay ahead of crises both professionally and personally?
- Tired, burned out and ready to throw in the towel?

GET STARTED: By emailing patrick@donohuelifecoaching for your FREE consultation.

TYPICAL TOPICS:



CULTIVATING PERSONAL WHOLENESS

Identify and eliminate self sabotaging behaviors, understanding emotions, building confidence, overcoming perfectionism & procrastination



NAVIGATING PROFESSIONAL RELATIONSHIPS

Leverage your team members' strengths.
Overcome issues of scapegoating and triangulation.
Tackle conflict wisely.



KEEP THE MAIN THING, THE MAIN THING

Strategic time management, avoiding time vampires, saying NO to good things nicely



CREATING A HEALTHY WORKPLACE

Make meaningful shifts for lasting change.
Understand team and intergroup dynamics.
Recognize and interrupt unproductive patterns.