

OUR LIST OF

IMMERSIVE COACHING OFFERINGS



HEALING & RECOVERY

ENGAGE IN ACTIVITIES THAT SUPPORT YOU AND YOUR TEAM'S HEALING AND RECOVERY PROCESS. THIS INCLUDES COACHING SESSIONS PAIRED WITH BREATH WORK, YOGA, SOUND BATHS, NATURE WALKS, PILATES, MEDITATION CLASSES, AND BODYWORK (LIKE CUPPING AND ACUPUNCTURE).



EXPLORATION & ASSESSMENT

ENGAGE IN ACTIVITIES THAT PROMOTE A SELF OF LEARNING AND SELF-DISCOVERY. THIS INCLUDES COACHING SESSIONS PAIRED WITH LEADERSHIP ASSESSMENTS (LIKE STRENGTHSFINDERS), ROCK CLIMBING, SILENT RETREATS, READING SESSIONS, AND EXPRESSIVE ARTS (LIKE VISION BOARDS, WRITING CLASSES, PAINTING, ETC.)



REDISCOVERING PASSIONS & TALENTS

ENGAGE IN ACTIVITIES THAT HELP TO REIGNITE YOU AND YOUR STAFFS PASSION FOR THEIR WORK AND A DEEPER CONNECTION TO THEIR TALENTS. THIS INCLUDES COACHING SESSIONS PAIRED WITH VOLUNTEERING, SKILLS-BASED ACTIVITIES (LIKE GARDENING, POTTERY, CRAFTING, COOKING, AND MORE).



DON'T SEE WHAT YOU'RE LOOKING FOR?
SEND US AN EMAIL AT
HELLO@LORETTATURNER.COM TO LEARN ABOUT
OUR CUSTOM OFFERINGS.