

Mitzi Weinman

TimeFinder



The Coaching Exchange

TimeFinder takes the complexities of figuring out how to get things done using straightforward approaches to help clients, both personally and professionally develop good habits and techniques to improve productivity, effectiveness, focus, and reduce stress.

Our philosophy is simple: When you maximize your most valuable resource - time - you stay focused on your personal and professional priorities; Family, Friends, Community, Work, Health and YOU!

The Coaching Exchange works with you to improve your personal productivity.

How do we do this?

We have taken the benefits of one-on-one coaching into a small group setting and created The Coaching Exchange. We provide intimate conversation while focusing on each individual's goals and translating those goals into next steps.

The Coaching Exchange provides encouragement, enhances accountability, and develops professional skills with the direction and support of an experienced coach.

What is the value of The Coaching Exchange?

- Relevant topics presented during each one hour, weekly teleconference session
- Peer learning and support
- Clearly defined action plan at the conclusion of each session
- Accountability through individual updates
- Member spotlights

Nuts & Bolts

- The Coaching Exchange limits group sizes from 3-8 participants
- All coaching is done virtually by telephone
- Length of Sessions: 60 minutes
- Membership 6 weeks | \$289 per person

To join, please complete the registration form, or contact me through the contact page of my website, and I will email you a Registration Form. Once you register, you will receive a questionnaire to be completed prior to our first session. You will also receive session date/time choices.

I look forward to welcoming you into The Coaching Exchange!

