

CORPORATE OFFERINGS



Hodges Coaching

DEVELOPING CONSCIOUS LEADERS

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STATS WORTH SHARING

Our proprietary neuroscience-based approaches reduce stress, increase motivation, and improve relationships. That's why 100% of our clients would recommend us to a friend or colleague.

47%

STRESS REDUCTION

Our clients experience an average of 47% reduction in overall stress by the end of their coaching commitment.

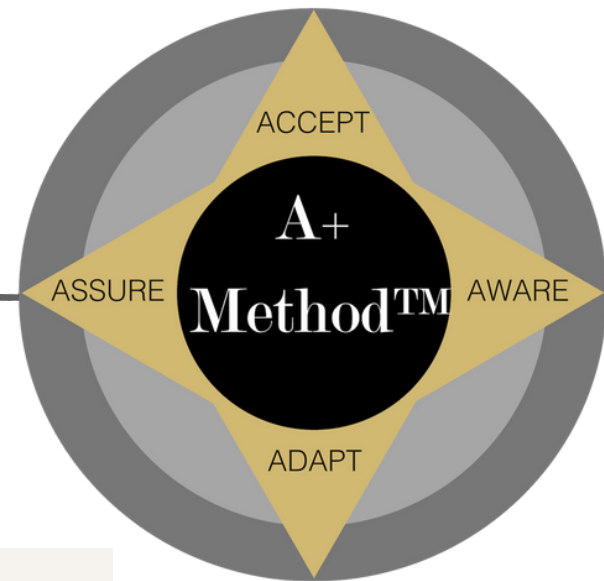
51%

RELATIONSHIP IMPROVEMENT

On average, Hodges Coaching clients see a 51% improvement in personal and professional relationships.

HOW DO WE DO IT?

Neuroscience.



A+ METHOD™

As humans, we each have "stress buckets" that constantly overflow with negative chronic stress. Using our powerful neuroscience-based techniques, we teach you how to drain your bucket to create capacity for new goals. Then, we teach you how to achieve goals in a way that is more fulfilling and less stress-inducing. Our clients report that this process is transformational and changes their lives for the better. We think it's just science.

CONVERSATION ALGORITHMS™

Have you ever had an argument over pure "facts?" That's because your ability to effectively communicate is only as good as the listener's ability to hear you. Our Conversation Algorithms™ use brain-based techniques to foster psychological safety and openness in the listener so that messages are received and innovative solutions are possible.

STRESS MATRIX™

We help our clients build systems that support human innovation, engagement, and self-care to foster reciprocity and a healthy culture. Our Stress Matrix™ evaluates the interrelationship of negative chronic stress at the personal, social, and systemic levels.

1:1 COACHING



"Transformational"

Individuals work 1:1 with our team of coaches on areas of personal and professional development. Coaches will utilize our A+ Coaching Method™ and Conversation Algorithms™ to decrease chronic negative stress, build resilience, and improve relationships with others. A 6-month minimum commitment is required.

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X's and O's only get you so far. It's how you think and approach each task and relationship that takes you and your business to the next level. Hodges Coaching is the shortcut. If you are intentional with applying the methods, you will see unrivaled results.

BRANDON F. - ENTREPRENEUR

100%

SATISFACTION RATE

100% of current and past clients said they would recommend Hodges Coaching to a friend or colleague.



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GROUP COACHING



"A Game-Changer"

Teams work collaboratively with our coaches to practice the Hodges neuroscience-based methods and coaching techniques. Coaches utilize our Stress Matrix™ to evaluate and reduce stress and teach team members how to have more solution-focused conversations. A 6-month minimum commitment is required.

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Sarah has done a great job allowing us to display our true personalities during her coaching sessions. There is no need to hold back and try to play a certain role.

EMIR D. - FOUNDER & CEO

93%

LIFE IMPROVEMENT

Our clients attribute 93% of their overall life improvement to their coaching engagement.



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SPEAKING & WORKSHOPS



“Eye-Opening”

A Hodges Coaching Speaker presents a customized workshop or keynote tailored to the organization's objectives and their Stress Matrix™ Assessment results. Past workshops have applied the A+ Method™ to teams as a model for sustainable innovation and/or demonstrated Conversation Algorithms™ for teams.

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People are the most important aspect of every company, and this is a great investment you can make in your people, including yourself.

TRENT H. - EXECUTIVE CHAIRMAN & COO

43%

MOTIVATION INCREASE

Our clients have experienced an average increase of 43% in their daily motivation.



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PACKAGES

Click [HERE](#) to fill out our Organization Intake Form.

Enterprise Package

DESIGNED FOR ORGANIZATIONS READY FOR SYSTEMIC IMPROVEMENT

- 2x/mo. 1:1 coaching for up to 10 leaders
- Monthly group coaching for all 1:1 coaching recipients
- Monthly group coaching for a second group of leaders of up to 10
- 2 webinars on Conversation Algorithms™ and the A+ Method™ for general staff
- 1 90-minute Lead as Coach virtual workshop for up to 30 members

Growth Package

DESIGNED FOR SMALL BUSINESSES AND START-UPS

- 2x/mo. 1:1 coaching for up to 5 leaders
- Monthly group coaching for all 1:1 coaching recipients
- 1 90-minute Conversation Algorithms™ virtual workshop for up to 30 members

*A minimum commitment of 6 months is required. Additional 1:1 coaching participants and groups may be added to packages a la carte.

A La Carte

- 2x/mo. 1:1 Coaching
- Monthly Team Coaching
- Customized company workshop pricing is dependent on 1/2 day vs. full and virtual vs. on-site. Contact for pricing consultation.

WHO ARE WE?



Sarah Hodges

FOUNDER AND EXECUTIVE COACH

Sarah is a certified coach, speaker, and creator of the A+ Method™, the Stress Matrix™, and Conversation Algorithms™. She developed these neuroscience-based techniques after thousands of coaching conversations with leaders and their teams in numerous industries across the globe. Her clients appreciate her warm, direct coaching style and her firm conviction to a science-backed approach. Sarah holds certifications with the International Coach Federation and the NeuroLeadership Institute. She also believes that her expertise is maintained through continued education and is currently pursuing her Master's in Psychology at Harvard University.

A+ METHOD™ CERTIFIED COACHES



Our team of A+ Method™ Certified Coaches varies in background and expertise to provide your organization with the full package. From executive coaching and leadership to grief, health/wellness, public speaking, and many more, our specialty staff will round out your coaching engagement and offer you extra guidance.

