

SUCCESS & ACCOUNTABILITY COACHING FOR PROFESSORS

Professors are some of the busiest people I know. Success & Accountability Coaching for Professors is for professional academics who are balancing multiple projects with short-term and long-term responsibilities, including course content creation, research and publishing, mentoring and advising undergraduate and graduate students, community outreach and activism, and other professional goals and projects. Success & Accountability Coaching for Professors offers individualized support and weekly accountability check-ins to empower professors to set and maintain healthy boundaries around overwork while still accomplishing their most sought after goals.

CLIENT TESTIMONIAL

"I hired Kate to help me process all the demands of a first year professor. We met monthly to discuss that months' plan of attack, which mostly looked like me rattling off the millions of things on my plate, and Kate listening calmly and then beautifully organizing tasks into manageable pieces. She was very insightful, often hearing and drawing attention to my own values and needs even when I wasn't sure what they were. I HIGHLY recommend her services to anyone who is feeling overwhelm, or who wants to move forward with intention." -Professor from Indiana University

WHAT'S INCLUDED?

In the span of 6, 9, or 12 months, **we will meet once a month for a 60-minute video or phone coaching session** where we will do a deep dive into your current approach to productivity and we will determine short-term and long-term plans that will help you to develop your own relationship with setting boundaries around overwork and accomplishing your highest priority goals.

I will share **detailed, confidential session notes** with you that include a to-do list with short- and long-term deadlines we will establish together.

I will send you **weekly email check-ins** as a form of accountability and support, and **I will invite you to email me** with your plans, goals, and to ask questions so I can support you in your process.

INVESTMENT

6 MONTHS: \$1,980

9 MONTHS: \$2,925

12 MONTHS: \$3,840

Package can be billed monthly or in one prepayment. Additional single 1-hour coaching sessions can be added to a package at any time for \$135/session.

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DR. KATE LITTERER
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THETENDINGYEAR.COM

For additional information, to schedule a free 30-minute discovery call, or to request a personalized invoice or proposal, please reach out to Dr. Litterer via kate.litterer@gmail.com. You can read client testimonials at thetendingyear.com/client-testimonials.