



# The HR Department of One Reset

You are the entire HR department.

This is a 3-part coaching package, built for you.

**Recruiting. Onboarding. Compliance. Benefits. Exit interviews.**

*It all lands on you, and there is no one down the hall who understands the weight of it.*

Here's how the three sessions build on each other.



## SESSION 1

### Opportunity

Identify your top strengths and values to name what's feeding you, what's draining you, and where to spend your energy differently.



## SESSION 2

### Resilience

An honest look at your current state, what's already working, and what you're ready to try that will build the strength to weather all storms.



## SESSION 3

### Why

Clearly identify your personal purpose in your role. Articulate why you do what you do and understand the shift those words can make in your daily experience.

This isn't wellness coaching, and it isn't consulting to fix a policy or build a program.

It's a structured conversation with a thought partner who spent fifteen years doing this job herself, so you aren't carrying it alone.

“ Kristie fosters individual growth through thoughtful coaching, helping people recognize their own potential and step confidently into it.

## THE RESET — COMPLETE PACKAGE

# \$825

Includes three 60-minute coaching sessions, the CliftonStrengths 34 Report, and a short exercise to identify top values.

 Gallup Certified Strengths Coach

[Book My Discovery Call](#)

*See if the Reset is the right fit before you commit to anything.*