

all the pieces creating a whole



MICHELE DAVENPORT, CPCC, ACC  
EXECUTIVE COACH AND PERSONAL STRATEGIST



# PRESS KIT

Mosaic Coaching Solutions is a boutique executive coaching and personal strategy firm that specializes in helping people figure out what's next. Be it at home, work, or play, coaching results in heightened self-awareness, clarification on what matters most - resulting in taking decisions that are intentional and purposeful.

Michele Davenport brings over 30 years of experience working in a variety of sectors and disciplines - always serving in some capacity. Be it human resources for Phillip Morris' world headquarters in NYC, to regional sales at Kraft Foodservice, a home-based business for the best-selling brand of skin care, to leading a Bay Area non profit serving inner city youth... She has worked and lived in every major region of the country, which affords her a sensibility about how people view themselves in their communities and in the world. How do you show up at work? How do your peers view you? What's your role in your family system? What's fulfilling and gratifying for you? All these questions and more are explored as we all strive for greater balance, more joy and expanded bandwidth for living on our own terms.

Two years ago Michele was forty-five pounds heavier, four years ago in her "dream job" and 10 years ago in the middle of serious medical event. She recognized that improved health and wellness were not optional - so she reduced stress, hired a coach and a personal trainer, changed what and how she said yes and no, and transformed her life. She decided to become a certified coach so she could witness others experiencing the kind of shifts she realized. Having trained with one of the oldest and most respected programs in the world, Coaches Training Institute teaches coaches in over 20 countries how to use tools and principles designed to transform lives.

Her work includes sales executives, hospital administrators, educators, early careertechology experts, personal trainers and more. Clients represent the following companies - Facebook, Kipp Schools, Barnabas Health, and Wells Fargo (partial list).

Michele offers private coaching, small workshops, public speaking addresses, and full-day client intensives. She works out of her Brooklyn, NY and Oakland, California offices where she serves clients who are committed to putting together all the pieces.

# Experience greater fulfillment, productivity and balance at work, home or play using the cornerstones of the Co-Active<sup>®</sup> Coaching Model

## Individual Coaching

- Clarify your purpose
- Unleash your potential
- Create energy from stagnation
- Transform your life

## Small Group Workshops

- Improve effectiveness of each individual and the organization as a whole
- Inspire groups
  - Fortune 500 Companies
  - Leadership Teams/  
Non-Profits
  - Employees and Volunteers
  - Family Systems

## Large Group Sessions

Public Speaking Engagements to:

- Empower, motivate and ignite
- Address specific audience needs via dynamic sessions
- Maximize group potential through interactive tools

**SCHEDULE A STRATEGY SESSION TODAY!**

**415.579.1630**

**[michele@mosaic-cs.com](mailto:michele@mosaic-cs.com)**

# Menu of Services

## Private Coaching

One-to-one coaching to clarify your values, motivations and interests, leading to transformation in multiple areas of your life. Intentional, purposeful living is the result you can expect with greater fulfillment and satisfaction. Three sessions each month.

## Coaching Workshop

Gather your group or team for a customized workshop to address a particular situation. Family Systems, Work Teams, or a Group of Friends or Travel Buddies

Examples -

- increase satisfaction at work
- 5 ways to lose weight and keep it off
- where's my ideal partner hiding?
- are you "driven" but not sure what you're driving towards?
- feeling stuck and not sure what's next?

## VIP Day

Customized full day intensive on an issue that's preventing you from forging ahead on a project important to your professional success or personal development.

## Compact Coaching Program

A deep dive on a specific opportunity or challenge. We will analyze perspectives on a particular situation and will mobilize you to action. Expect things to shift right away.

Examples -

- publish your writing
- lose weight
- identify a new career direction
- attract the right partner
- leave the job that seems "perfect" on paper but you feel constrained
- is another degree really what you want to do?
- is it time to return to the workforce after being on hiatus or childrearing?

## Cohort Coaching

Virtual Cohort Coaching is for those who thrive in a group setting. Truly co-active in nature, this is for you if you want coaching through a shared experience, or for the person who welcomes multiple perspectives. Cohorts gather via teleconference for 90-minute bi-weekly sessions. Each participant also receives an additional monthly private coaching session. Virtual Cohort Coaching requires a minimum three-month commitment.

Be sure to ask about the Coordinator Incentive!

all the pieces creating a whole



**MOSAIC**  
COACHING SOLUTIONS

# DISCOVER & UNCOVER

An interactive presentation to get you more connected to who you are and what you want for your life.

Michele Davenport will get you going with "THE WHEEL" highlighting your current level of satisfaction in a variety of buckets. What happens next is completely up to you. Only show up if you're ready to SHOW UP for yourself in ways heretofore only imagined. This workshop is for anyone wanting more satisfaction, fulfillment, joy, productivity - men and women alike!

- Heighten your self awareness
- Discover your life purpose
- Uncover your values
- Unleash your power