

FIREPIT



Inner Resilience Compass

Coaching Packages



MANDY GIBBONS
THE RESILIENCE AND ANTI-FRAGILITY COACH

One to One Coaching Package

Option 1	\$10,500 - 90-Day 1:1 Coaching Partnership (Pay in Full) Or 3 x monthly installments of \$3850
Delivery	Delivered via Zoom & Slack
Zoom	<ul style="list-style-type: none">• 2 x Zoom Sessions Per Month (45 mins each) Accountability, Coaching and Implementation...based on discussed requirements and outcomes.
Slack	<ul style="list-style-type: none">• Support hours: Monday to Friday, 10am–5pm (AWST)• International - next-day responses<ul style="list-style-type: none">◦ To receive and ask follow-up questions from sessions◦ Submit completed assignments◦ Share implementation wins or bottlenecks◦ Access tailored voice notes and coaching reminders from Mandy
Custom	<ul style="list-style-type: none">• Full digital delivery of the FIREPIT Inner Resilience Compass• Includes: PDF workbooks, exercises, visual diagrams, and walkthroughs• Coaching is tailored to current challenges and discussed outcomes• Assignments encourage real-time application
Assignments + Exercises	<ul style="list-style-type: none">• Assignments and Exercises are designed to:<ul style="list-style-type: none">◦ Shift mindset, behaviour and strengthen emotional resilience◦ Build resilience and anti-fragility from the inside out◦ Arm and empower free thinking, powerful decision making (problem solving) for individuals to thrive◦ Build strong, meaningful connections and boundaries.◦ Bring honour, wisdom, gut instincts (intuition), creativity and strength into an individual's life...While impacting other's with purpose, compassion and conviction.
Optional Post-Engagement IP Licensing	<ul style="list-style-type: none">• For Coaches - The option to license FIREPIT Inner Resilience Compass IP to Coach your own Clients• Ask Mandy about the following licensing tiers:<ul style="list-style-type: none">◦ Solo Coach: For certified coaches working 1:1 or with groups.◦ Team/Agency: For coaching businesses with multiple practitioners.◦ Corporate Coaching Partner: For coaching firms delivering to orgs or teams.◦ Percentage-Based Licensing Model For Coaching Programs

Group Coaching Package

Option 1	\$20,000 - 90-Day Coaching Partnership (Pay in Full) Or 3 x monthly installments of \$7350
Delivery	Delivered via Zoom & Slack
Zoom	<ul style="list-style-type: none">• 2 x Zoom Sessions Per Month (45 mins each) Accountability, Coaching and Implementation...based on discussed requirements and outcomes.
Slack	<ul style="list-style-type: none">• Support hours: Monday to Friday, 10am–5pm (AWST)• International - next-day responses<ul style="list-style-type: none">◦ To receive and ask follow-up questions from sessions◦ Submit completed assignments◦ Share implementation wins or bottlenecks◦ Access tailored voice notes and coaching reminders from Mandy
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Mandy Gibbons Coaching and FIREPIT Inner Resilience Compass

Coaching packages are based around Mandy Gibbons' personally created framework FIREPIT Inner Resilience Compass:

For Individuals and Coaches choosing to strengthen their capabilities to powerfully lead in Life and Business. To navigate challenges with clarity, self-trust, connecting with what drives them, to lead with grounded confidence and bounce back stronger.

Guiding individuals through a personal powerful, insight-driven framework that cultivates self-awareness and the ability to lead with clarity under pressure... Utilising their personal creativity, purpose and resilience...

Enhancing their emotional intelligence and anti-fragility through FIREPIT Inner Resilience Compass. Transforming stress into strength, deepening self-awareness, and creating high-performing, meaningful values-driven individuals that boost retention, innovation, and sustainable results to help build and support a culture that's high-performing and genuinely energised.

What that looks like:

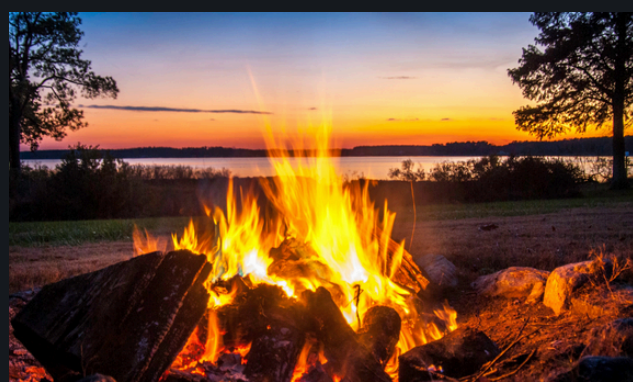
- Leadership

Leaders utilising FIREPIT Inner Resilience Compass as their personal framework to build self-awareness, face themselves with honesty and compassion... That's deeply rooted in communicating with integrity, leading with emotional intelligence, and navigating challenges with effective and grounded decision-making both in Leadership and their personal life. Helping harness a Leader's brilliance and battles - turning vulnerability into leadership strength and adversity into fuel for growth.

It's designed for Leaders and individuals who value self-honesty, courage, who choose to live a life that's driven by purpose, adaptability, and unshakable resolve.

- Wellbeing & Performance

Utilising FIREPIT Inner Resilience Compass to support individual team members or clients experiencing challenges in their personal life. Helping them transition through high-stress situations. To approach difficult conversations with curiosity, self-trust, and empathy. Helping individuals to leverage their innate ability to be adaptable and emotionally regulated... So that the human element doesn't get lost in logistics. Helping bridge the gap between scaling culture alongside business growth.



Contact Mandy For Inquiries...



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Mandy Gibbons

Resilience and Anti-Fragility Consultant and Coach