

FIREPIT



Inner Resilience Compass

Coaching Packages



MANDY GIBBONS
THE RESILIENCE AND ANTI-FRAGILITY COACH

Built for Resilient, Principle-Driven Leaders who refuse to compromise clarity, integrity, or strength under pressure.

Benefits of 90-Day Slack-Based Coaching

(Why Slack, not Zoom)

- **Freedom from Zoom fatigue** - no endless back-to-back calls that drain your energy. Instead, you step into focused, intentional exchanges inside Slack, where every message or audio note is designed to give you clarity and build strength, resilience and anti-fragility.
- **Daily touchpoints that build momentum** - instead of waiting weeks for the “next session,” you receive consistent prompts, insights, and tailored feedback woven into your week. This creates a natural rhythm where growth becomes part of your day-to-day, not an interruption to it.
- **Asynchronous depth** - the coaching arrives when you need it, not crammed into a time slot. You can read, reflect, and respond on your terms - which means insights land deeper, and you take action from a place of clarity rather than pressure.
- **A living record of your transformation** - every Compass anchor, breakthrough moment, and Resilience Charter entry is captured inside Slack. This becomes your own library of growth that you can return to after the 90 days are complete.
- **Timezone advantage that works in your favor** - whether you're in Australia, the US, or anywhere in between, FIREPIT Inner Resilience Compass is designed to move with you. You wake up to clarity, you go to bed with alignment. Support flows naturally across time zones.
- **Premium boundaries that protect and empower** - coaching here isn't reactive or draining. It's structured, powerful, and clear - protecting your energy while amplifying your results. No chasing, no overwhelm, just steady, grounded support.
- **Engineered for Resilient, Principle-Driven Leaders** - An infrastructure that adapts to your reality: fast-moving, high-pressure, and demanding. FIREPIT Inner Resilience Compass builds strength into your leadership so you can handle intensity with resilience, clarity, and conviction.

One to One Coaching Package

\$10,500 - 90-Day 1:1 Coaching Partnership (Pay in Full)

Or 3 x monthly installments of \$3850

Delivery

Slack and Video-Based Resilience and Anti-Fragility Coaching. Mandy hosts the digital delivery... Includes access to FIREPIT Inner Resilience Compass GPT.

What that looks like:

What that looks like (90 Days)

- Daily touchpoints with Mandy inside the Slack workspace with Mandy (Mon–Fri, AWST mornings / International and US late afternoons or next day responses).

Utilising Slack to:

- Receive and ask follow-up questions
- Submit completed assignments
- Share implementation wins or challenges
- Access tailored voice notes and reminders from Mandy

Full digital delivery of the FIREPIT Inner Resilience Compass Framework hosted by Mandy:

- Walking you through the 23 Video Modules hosted on Systeme
- Includes: PDF workbooks, exercises, visual diagrams, and walkthroughs
- Assignments encourage real-time application and wins
- Inside Slack, Mandy will drop short audios - designed for easier absorption on the go

Weekly Audio Insights

- 1 x 5 to 6 minute Audio in Slack each week with Mandy's personal reflections, FIREPIT Inner Resilience Compass feedback, and tailored recommendations.

Assignments + Exercises

- Assignments and Exercises are designed to:
 - 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 others with purpose, compassion and conviction.

One to One Coaching Package

FIREPIT Inner Resilience Compass GPT:

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- Access to the FIREPIT Inner Resilience Compass GPT for daily use
 - Can self-coach from your FIREPIT Inner Resilience Compass
 - Reinforces anti-fragility & resilience
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Inner Resilience Compass

For Coaches and Leaders - Option to license FIREPIT Inner Resilience Compass IP to Coach Your Own Clients

Optional Post- Engagement IP Licensing

Tier 1: Ignite License - \$395/month

- For single-coach use only (1 practitioner). Experienced coaches who want to integrate FIREPIT Inner Resilience Compass into their existing practice.
- License to deliver FIREPIT Inner Resilience Compass Framework content, tools, and exercises with up to 10 active clients per month.
- Facilitator's Guide (step-by-step prompts + session outlines).
- FIREPIT Inner Resilience Compass PDF Branded workbooks, Compass visuals, and exercises.
- Access to Mandy's Slack Vault (templates, check-in prompts, Charter structures).
- Email support + quarterly content/tool updates.

Tier 2: Legacy License - \$995/month

The premium partnership tier for coaches ready to scale with FIREPIT Inner Resilience Compass.

- Unlimited client delivery .
- Approved use in high-ticket programs, masterminds, or retreats.
- Priority support + quarterly "Licensing Insights" Audio from Mandy.
- Early access to new FIREPIT Inner Resilience Compass Frameworks and tools.
- The Legacy License positions you as an official FIREPIT partner - carrying the Compass forward as part of your lasting impact.

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Optional Post- Engagement IP Licensing

Tier 3: Enterprise / Scale License – Revenue Share

- For agencies, firms, or high-earning coaches scaling FIREPIT Inner Resilience Compass into six-figure+ programs, masterminds, or retreats.

Base license: \$295/month access fee.

Revenue share (10–20%) on FIREPIT-based program revenue.

- <10 clients = 10%
- 10–20 clients = 15%
- 20+ clients = 20%

Includes:

- Includes all Legacy features (unlimited delivery, priority support, new frameworks/tools).
- Licensing covers large-scale groups, programs, retreats, and corporate partnerships.
- The Scale License is for leaders and firms running FIREPIT Inner Resilience Compass at volume - when you grow, we grow alongside you.



Inner Resilience Compass

Group Coaching Package

**\$25,000 - 90-Day Coaching Partnership (Pay in Full)
Or 3 x monthly installments of \$8500**

Delivery

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What that looks like:

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Group Coaching Package

FIREPIT Inner Resilience Compass GPT:

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- Access to the FIREPIT Inner Resilience Compass GPT for daily use
- Can self-coach from your FIREPIT Inner Resilience Compass
- Reinforces anti-fragility & resilience post-engagement

Optional Post-Engagement IP Licensing

- For Coaches and Leaders - The option to license FIREPIT Inner Resilience Compass IP to Coach your own Clients
- **See previous pages for details on licensing tiers.**



Inner Resilience Compass

Mandy Gibbons Coaching and FIREPIT Inner Resilience Compass

What Happens After the 90 Days

Your FIREPIT Inner Resilience Compass coaching doesn't vanish when our first 90 days together finish. The work you've done becomes a foundation, and you'll have powerful options for carrying it forward..

- **Read-Only Slack Archive (included)** - You'll keep access to your Slack container as a private archive. Every Compass anchor, breakthrough, and Charter entry remains at your fingertips, so your growth is never lost.
- **Your Resilience Charter (optional)**: You can choose to receive a personalised FIREPIT Resilience & Anti-Fragility Charter PDF - a powerful summary of your biggest insights, breakthroughs, and new boundaries. It's yours to carry forward as a leadership compass.

Two Pathways Forward:

You can:

- **Renew for another 90-Day Coaching Cycle**: (deepening your resilience and anti-fragility, how you operate in life... building upon that). Anchoring your Compass into even greater challenges and opportunities. Renewal is where your FIREPIT Inner Resilience Compass becomes more second nature, strengthening every area of your leadership and life.
- **Licensing - carry FIREPIT Inner Resilience Compass forward**: For coaches and leaders who want to embed the FIREPIT Inner Resilience Compass into their own business, clients, or organisation. Licensing lets you deliver FIREPIT as part of your own legacy - expanding its impact beyond your personal journey.

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