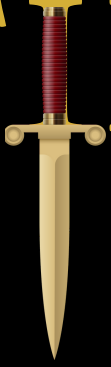


FIREPIT



Inner Resilience Compass
Framework

Consulting Services



MANDY GIBBONS
THE RESILIENCE AND ANTI-FRAGILITY COACH

Mandy Gibbons Consulting and FIREPIT Inner Resilience Compass

How the FIREPIT Inner Resilience Compass 90-Day Consulting Works

- **Slack-Based Delivery** - Daily touchpoints inside your team Slack workspace (Mon–Fri, WA mornings / US late afternoons).
- **Structured Flow** - You're guided step-by-step through all 23 FIREPIT modules in sequence, with clear weekly assignments and exercises.
- **Weekly Audio Insights** - Short 5-6 min audios from Mandy inside Slack each week with reflections, Compass feedback, and targeted recommendations.
- **Resilience & Anti-Fragility Charter** - Each week ends with a written summary of team patterns, breakthroughs, and YES/NO anchors, forming a living leadership compass over 90 days.
- **Always Centralised** - All modules, tools, and exercises are hosted on the official FIREPIT Inner Resilience Compass Framework portal (Systeme.io), always updated.

Benefits for Your Team

- **Works in Real Time** - Insights and prompts land daily.
- **No Zoom Fatigue** - All delivery is Slack + audio-based, making it simple to absorb and apply.
- **Builds Emotional Infrastructure** - a system that installs resilience and anti-fragility into everyday decision-making and life.
- **Clarity & Accountability** - Weekly Charter Summaries track progress and create a permanent cultural playbook.
- **Scalable & Lasting** - Leaders embed Compass practices they can apply well beyond the 90 days.

Consulting Package

\$25,500 – 90 Days of Strategic Delivery, Implementation and Support for 5 Leaders - Or 3 x monthly installments of \$8500

Delivery

Slack and Video Based Strategic Resilience and Anti-Fragility Consulting. Mandy hosts the digital delivery.

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 bottlenecks
- 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
- 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

Weekly FIREPIT Inner Resilience Compass 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.

Consulting Package

Resilience and Anti-Fragility Charter Summaries

Resilience and Anti-Fragility Charter Summaries

Each week ends with a summary of team patterns, breakthroughs, and decisions - saved into a growing Resilience and Anti-Fragility Charter.

- Emerging new team patterns
- Breakthroughs or mindset shifts (e.g. new boundaries, trust rebuilds)
- Embedding their own FIREPIT Inner Resilience Compass into every area of business and their personal life.

Over 90 days, these summaries form your Resilience & Anti-Fragility Charter - an infrastructure for emotionally strong, values-led leadership.

Optional: FIREPIT Inner Resilience Compass GPT:

FIREPIT Inner Resilience Compass GPT:

- Access to FIREPIT Inner Resilience Compass GPT for daily use
- Leaders can self-coach from their FIREPIT Inner Resilience Compass
- Reinforces anti-fragility & resilience post-engagement
- \$450 per month



Inner Resilience Compass

Post-Engagement: Option to license FIREPIT Inner Resilience Compass Framework IP...

How FIREPIT Inner Resilience Compass Licensing Works

One Central System. Always Updated.

Official FIREPIT Inner Resilience Compass Portal

- All 23 modules, workbooks, diagrams, and exercises are hosted in the official FIREPIT Systeme.io portal.
- Your team logs in directly - no scattered files, no version control issues.

User Access by Tier

- Depending on your license, you'll have access for 15 users (Lite), 25 users (Growth), or unlimited (Partner/Enterprise).
- Each team member receives their own login, so the training stays organized.

Always Up to Date

- Every time the FIREPIT Inner Resilience Compass is updated with new tools, training, or resources, your team automatically gains access.
- You never need to manage updates internally - it's done for you.

FIREPIT-Branded Materials

- All content remains officially FIREPIT-branded. This protects the integrity of the framework and ensures you're using a proven, globally recognized system.
- Support Built In
- Depending on your license, you'll receive quarterly Slack Q&A support weeks, written Compass summaries, or advisory reviews - all delivered asynchronously, without the need for Zoom calls.

The result: You get a living, evolving resilience and anti-fragility framework that integrates into your team or business - without admin headaches, outdated files, or live delivery demands.



Post-Engagement: Option to license FIREPIT Inner Resilience Compass Framework IP...

Optional Post-Engagement IP Licensing

Licensing Benefits

- **Centralized & Seamless** - One official FIREPIT Inner Resilience Compass portal. Always current, no version control issues.
- **Time-Saving** - Updates roll out automatically
- **Scalable Access** - Choose the license tier that fits your team size (15, 25, or unlimited users).
- **Premium Integrity** - All content remains FIREPIT-branded, ensuring consistency and credibility.
- **Asynchronous Support** - Depending on the Tier, Quarterly Q&A weeks and written summaries keep you aligned without Zoom fatigue.
- **Future-Proof** - Your license includes access to new tools, frameworks, and updates as FIREPIT Inner Resilience Compass evolves.

Your leaders build resilience and clarity so you can move forward with focus and conviction.

Option to license FIREPIT Inner Resilience Compass Framework IP to use internally at the conclusion of the consulting package.

Tier 1: Lite License — \$500/month

- For boutique coaching companies, small businesses, or leadership teams wanting access to FIREPIT Inner Resilience Compass without advisory support

What's included:

- Digital usage rights for the FIREPIT Inner Resilience Compass Framework (all 23 modules, workbooks, and exercises).
- PDFs, Compass templates, and resilience check-in tools to use with your team or clients.
- Access for up to 15 internal users.
- Email support for technical setup.

Outcome: Your team or client base can self-direct through the FIREPIT Inner Resilience Compass Framework process at their own pace, embedding resilience and anti-fragility without live delivery or additional oversight.

Post-Engagement: Option to license FIREPIT Inner Resilience Compass Framework IP...

Optional Post-Engagement IP Licensing

Tier 2: Growth License — \$750/month

For fast-growth teams or coaching companies who want accountability and quarterly calibration, without the cost of full advisory.

What's included (everything in Lite, plus):

- Quarterly Slack Q&A Support Week: A private channel for 5 business days each quarter where your team can post reflections, bottlenecks, and questions. Mandy replies daily (WA mornings) with tailored responses, reframes, and Compass prompts.
- Extended User Access for up to 25 internal users.
- Quarterly Compass Calibration Summary: 1–2 pages focused purely on Compass insights: team patterns, resilience blind spots, breakthroughs, and suggested FIREPIT Inner Resilience Compass practices..

Outcome: Your team stays aligned and accountable with structured quarterly touchpoints. You embed the FIREPIT Inner Resilience Compass Framework in real time without stress of Zoom calls or live workshops.

Tier 3: Partner License — \$1,000/month

For established businesses, agencies, or larger coaching companies that want to fully embed the FIREPIT Inner Resilience Compass Framework into their culture and programs with ongoing support from Mandy.

What's included (everything in Growth, plus):

- Unlimited internal users (within your company).
- Quarterly Extended Calibration: Builds on the Growth License summary with an additional section highlighting Compass practices that are embedding well, plus advanced FIREPIT Inner Resilience Compass applications to deepen resilience and anti-fragility across the team.
- Early access to new FIREPIT Inner Resilience Compass frameworks, tools, and resources.

Outcome: FIREPIT Inner Resilience Compass becomes a permanent part of your leadership, onboarding, and wellbeing programs, with quarterly insights that strengthen resilience and anti-fragility at scale

Post-Engagement: Option to license FIREPIT Inner Resilience Compass Framework IP...

Optional Post- Engagement IP Licensing

Tier 4: Enterprise License – \$1,500–\$2,500/month

For larger organizations ready to scale FIREPIT across leadership and teams at every level.

What's included (everything in Partner, plus):

- Rights to integrate FIREPIT Inner Resilience Compass into company onboarding, leadership development, and wellbeing programs.
- Company-Wide Compass Calibration: A quarterly overview that captures resilience patterns, strengths, and blind spots across all users - ensuring FIREPIT Inner Resilience Compass practices are consistently reinforced at scale.
- Priority access to new FIREPIT Inner Resilience Compass updates, frameworks, and tools as they are released.

Outcome: FIREPIT Inner Resilience Compass becomes a living, evolving system inside your organization - continuously updated, always aligned, and fully scalable without requiring extra delivery.

Mandy Gibbons Consulting and FIREPIT Inner Resilience Compass

Next Steps After Your 90-Day Consulting

Your team's FIREPIT Inner Resilience Compass journey doesn't stop at the end of 90 days. The Compass you've built becomes a foundation for the future...

At this point, you have two powerful ways to continue:

1. Renewal - Strengthen and Anchor

Extend for another 90-day cycle to fortify resilience and hard-wire Compass practices into daily leadership. This is where leaders build upon operating from resilience and anti-fragility instinctively — decisions sharpen, boundaries become easier to hold, and teams create momentum with conviction under pressure. It's where each individual's FIREPIT Inner Resilience Compass becomes the way your business leads, decides, and grows.

2. Licensing - Scale and Embed

Transition into a FIREPIT Inner Resilience Compass License to embed the framework directly into your company's DNA. Resilience and anti-fragility move beyond the leadership team and become the foundation of onboarding, decision-making, and performance at every level. With full access to the official FIREPIT Inner Resilience Compass portal, your business gains a system that continues to sharpen leaders, align teams, and strengthen culture long after consulting ends.

The outcome: Whether you choose to continue consulting or transition to licensing, FIREPIT Inner Resilience Compass remains alive inside your company - giving your leaders and teams a permanent resilience infrastructure to build on.



Mandy Gibbons Consulting and FIREPIT Inner Resilience Compass

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

For Businesses, Companies and Coaches choosing to strengthen their Leaders, Coaches, Teams and Clients, as individuals, to navigate challenges with clarity, build self-trust, connect with what drives them, 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.

- Leadership

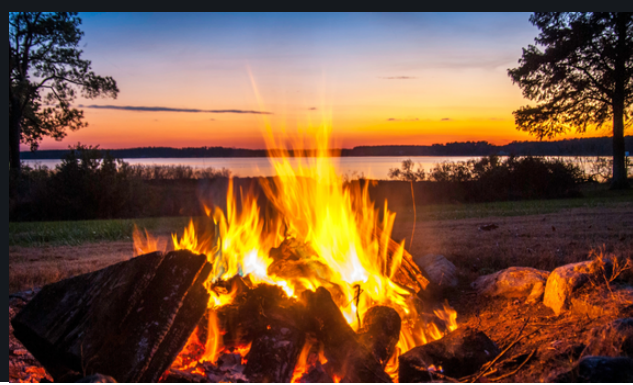
Leaders utilising FIREPIT Inner Resilience Compass as their personal framework to build self-awareness, face themselves with honesty and compassion... That's deeply rooted in communicating with integrity, leading with emotional intelligence, and navigating challenges with effective and grounded decision-making 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