

2020 BROCHURE



Hodges Coaching

EXECUTIVE SOLUTIONS

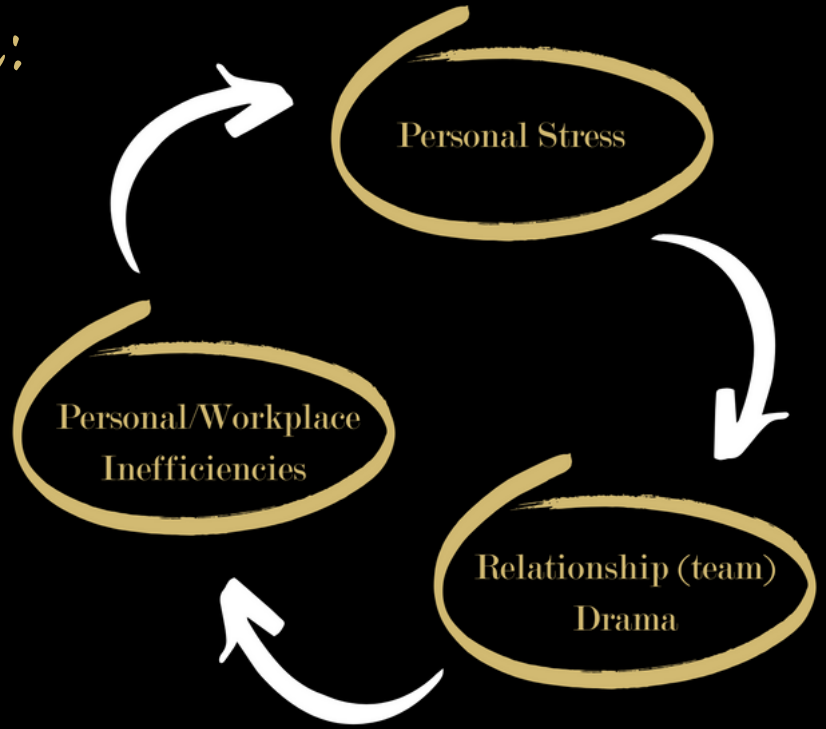
FOCUSED. FREEING. FUN.

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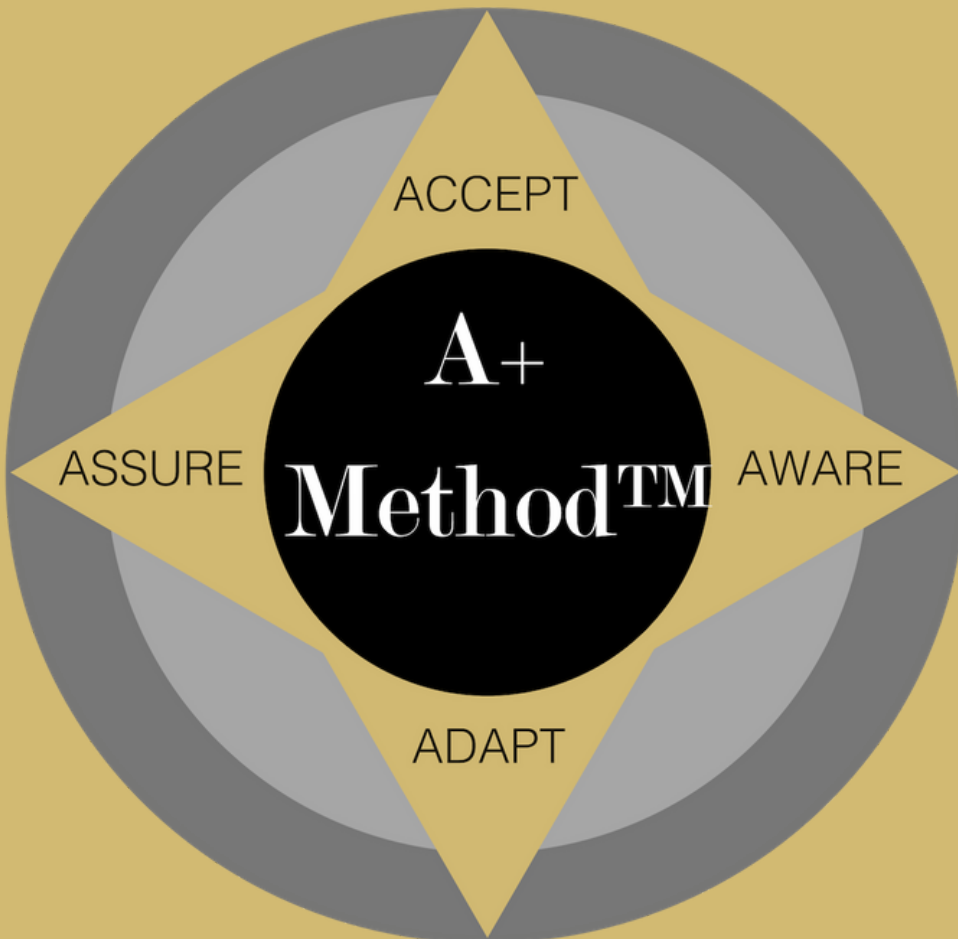
Corporate Cycle of Hell

The Problem:

Personal stress leads to team drama, which leads to workplace inefficiencies, which leads to more personal stress...



The Solution:



The A+ Method™ for Sustainable Solutions is our proprietary, neurophysiology-based program.

We don't just coach you. We coach your brain to stop the Corporate Cycle of Hell.

Our Process



SELF-LEADERSHIP

Leadership starts with your ability to self-manage. Do you react, or do you calmly respond? Do you focus on solutions, or do you focus on problems?



PEER LEADERSHIP

Leading a team requires a higher level of EQ. How do you deal with conflict? How do you set boundaries? How do you inspire your team?



LEADING OTHERS

Leadership is everywhere. We lead our families, our communities, and our clients. We even lead our leaders! Are you confident leading from any seat?

Our Offerings



1:1 COACHING

Last year, our 1:1 coaching clients won grants, doubled sales, received major promotions, started new businesses, obtained investors, and drastically improved their personal lives. What will you accomplish?



TEAM WORKSHOPS

Our team workshops are customized. We first survey your team and tailor our core teachings according to what is important and relevant to them. Your team will greatly improve in self-mastery and communication.



KEYNOTE SPEAKING

If you want a speaker who will inspire, teach and entertain, Sarah Hodges is an excellent and informative presenter who will make your audience laugh and walk away with the motivation to grow.



"Sarah is a gifted coach who brings both warmth and insight to every conversation. I've learned so much from her. She continually challenges me to think and act in new ways that make me a better leader. I highly recommend her as a coach if you are ready to go to the next level.

She will help you get there."

- Elise Mitchell, Three-time CEO

Who is Sarah Hodges?

Sarah Hodges is a certified coach, speaker, entrepreneur, and creator of the A+ Method™ for Sustainable Solutions. The powerful A+ Method™ helps clients 'get out of their own way' to excel in business and thrive in life.

Sarah's passion for personal growth began after her struggle with obesity and depression as a professional musician and opera singer. After losing 90 pounds and transforming her own life, she sought out extensive education in the science of behavior change. In the several years since, she has helped thousands of people make positive changes in their lives and careers from the inside-out.

Sarah is certified by the International Coach Federation and NeuroLeadership Institute. Her clients appreciate her warm, direct style of coaching and her strong conviction to a science-backed approach.

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