



TRINITY
Breakthrough Coaching

Wellevation Coaching Programs

CLICK HERE



Experience a
coaching journey
without walls from
functional living to
optimal living.

Peace. Perspective. Purpose.

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Trinity Breakthrough Coaching (TBC) is a renowned, global professional coaching and training service that partners with organizations to provide concentrated, tailored coaching and training to staff and students. Our services reach globally and nationwide with remote capabilities and physical representation in Indiana, Texas, California and Georgia.

At TBC, our mission is to guide staff and students towards **emotional intelligence**, achieving monumental success through a process of compassionate, fun, inspiring and purposeful coaching. Our coaching services and programs infuse Principles of Adult Learning with certified coaching tactics and principles to ensure knowledge capture and implementation. We leverage our approach to maintain our primary focus to grow and develop staff and students in school and at home.

As a result, we help to build and revitalize cultures and enable staff and students to transition their dreams into goals, and their goals into reality.

Because of our mission, our vision is very clear - to *build cultures of comprehensive wellness, enabling all to thrive both personally and professionally.*



Meet our Founder, CEO.

Danille Williams, MBA, PCC, ELI-MP, is the proud owner of TBC, as a women-and-black-owned business in the mindfulness, wellness and coaching industry. With 20+ years of experience, she is an expert in helping clients and professionals find the missing peace, purpose and power in their lives and careers.

OUR COACHING APPROACH

Learn and Receive Coaching On-the-go

No more wasting your time scheduling a coaching session. We bring the coaching straight to students to access at their leisure.



A COACHING JOURNEY WITHOUT WALLS

We understand that the journey to transformation is unique to everyone. With our Coaching on-the-go offering, we make it easy for staff and students to experience on-demand coaching, virtual group coaching and live workshops in ways that accommodate all speeds of growth.



1

CONFIDENTIALITY

Receive a confidential coaching journey with complete anonymity

2

SELF-PACED LEARNING

Progress through coaching and learning at your own speed

3

CONVENIENCE

Access coaching on your mobile phones and/or laptops

4

NOTIFICATIONS/ UPDATES

Receive updates on assignments, live and virtual coaching in real time.

5

CONNECT WITH US

Receive direct access to our private Community groups for Q&A.



Our Program Initiative

Trinity Breakthrough Coaching has multiple program offerings that promote true behavioral changes for staff and students. We believe that just as an individual can be transformed from the inside out, so can a broader school/organization be transformed from the students within it. A healthy school is made up of healthy students & staff.

Our ultimate goal for staff and students is simple:

EMOTIONAL INTELLIGENCE

Anticipated Student Outcomes:

- Improved Emotional Intelligence
- Attained Development & Professional Goals
- Reduced Performance Anxiety
- Improved Staff-to-Student Influence & Impact
- Improved School-Life Balance



We Enable Staff/Students to:

- Build Higher Positive Energy Levels
- Build Healthy Routine & Wellness Habits
- Monitor/Affect Stress and Anxiety Levels
- Identify Self-limiting Beliefs, Assumptions
- Improve Self, Social, & Situational Awareness

OUR PROGRAM OFFERINGS

ON-DEMAND COACHING MODULES

The **On-demand Coaching Modules** is a 24+ module coaching course that covers 6- subjects that attribute to improved **emotional intelligence** by way of **comprehensive wellness**. It is comprised of multiple wellness principles and practices that enable staff and students to thrive both personally and scholastically, thus achieving comprehensive wellness. Each coaching subject has a minimum of four dedicated modules that expose students to the knowledge and skills necessary to foster a life of growth and continual transformation.

1:1 COACHING & GROUP COACHING

Our **1:1 Coaching** sessions allow for the most invasive, personalized coaching that students experience. Staff and students receive an **Energy Leadership Index (ELI) assessment** that details their default energy levels under normal and stressful circumstances. Based on the findings of the assessment, staff and students will be coached towards their life and scholastic goals and held accountable by the coach to achieve results.

The Virtual Group Coaching offering deals specifically with staff and students that are completing the modular subjects, gaining the knowledge and skills necessary to begin implementation. Group coaching is a personalized experience that coaches all through the journey of transformation to ultimately impact and influence others. Organizations can also request a year-end live in-person coaching workshop.

PRIVATE COMMUNITY REINFORCEMENT

Power Hours are our up to 1-hour live community sessions that follow a prior group coaching session. These occur after each group coaching session and have a slightly less formal Q&A forum, while reinforcing key concepts from the prior group coaching session and homework.

Power Hours also allow for voices to be heard, goals to be set, and progress and experiences to be shared based on given assignments. These sessions are critical components of the entire coaching program offering as they can bring key concepts to life.

Our Live Pop-Ups consist of coaches appearing live virtually within the Private Community Groups. Here, we summarize module content, review and discuss homework assignments, filter questions and genuinely share a good time with our clients. Our students get to interact with us as they see fit in what is considered our most informal approach to checking in with those that take advantage of the event.

OUR PROGRAM OFFERINGS

INTENSIVE COACHING PROGRAMS

Our **6-week Coaching Program** is our most intensive offering in which students are receiving group and 1:1 coaching weekly. This also includes our **Energy Leadership Index Assessment**, in which clients receive customized coaching throughout the program.

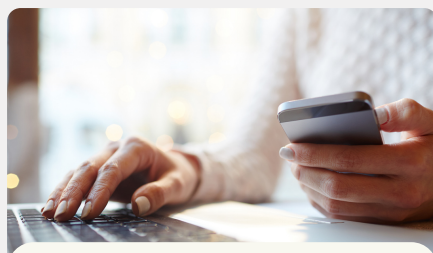
Our **Workshops** are designed to transform staff and student-body cultures within organizations through 1-2 full days of intensive coaching and reshaping of scholastic capabilities. Organizations typically leverage workshops to attain quick shifts in student perspectives in preparation for upcoming scholastic testing and exams.

Lastly, our **Membership** is designed to coach schools and organizations at scale, enabling them to grow and improve their emotional intelligence year over year. With our membership, staff and students are able to receive consistent private 1:1 and group coaching, along with on-demand coaching modules and continuous concierge coaching within our private community group.

Intensive Coaching Comparison

	COACHING FEATURES	6-WEEK COACHING PROGRAM	COACHING WORKSHOP
<div>↑ Personalized Reinforcement Coaching ↓</div>	Group Coaching	✓	✓
	Private 1:1 Coaching Sessions	✓	
	Energy Leadership Index Assessment + Debrief	✓	Option for personal continuation
	Wellevation Basic Coaching Membership (Modules)	✓	Option for personal continuation
	Private Coaching Community Group	✓	✓
	Coaching Check-ins + Homework Assignments	✓	

COACHING MEMBERSHIP DETAILS



Basic Membership

[Call for Pricing Details](#)

- ✓ Bi-weekly Coaching Modules
- ✓ Monthly Coaching Assignments
- ✓ 6 Virtual Group Coaching Sessions/yr.
- ✓ Access to Private Community Group

*User Minimum Required



Standard Membership

[Call for Pricing Details](#)

- ✓ Bi-weekly Coaching Modules
- ✓ Monthly Coaching Assignments
- ✓ 6 Virtual Group Coaching Sessions/yr.
- ✓ 4 Private 1:1 Coaching Sessions/ yr.
- ✓ Access to Private Community Group

*User Minimum Required



BEST VALUE

Premium Membership

[Call for Pricing Details](#)

- ✓ Bi-weekly Coaching Modules
- ✓ Monthly Coaching Assignments
- ✓ 6 Virtual Group Coaching Sessions/yr.
- ✓ 12 Private 1:1 Coaching Sessions/ yr.
- ✓ ELI Assessment + Debrief Session
- ✓ Private Facebook Group

*User Minimum Required

TIER CONDITIONS

*All user memberships require a 3-month minimum commitment per user.

*Coaching modules are released sequentially upfront.

*Session-specific modules must be completed as pre-requisites for corresponding group coaching sessions.

*Live workshops consist of one full day of in-person facilitation and coaching.

*To promote true, transformative behavioral change, full group coaching attendance is advised.

*Trinity Breakthrough Coaching is not responsible for enforcing attendance.

*To cancel a subscription prior to renewal date, an early termination fee is required.

*Sharing user licenses are prohibited and are subject to violation of terms specified in our policies and contracts.

*All final pricing is valid for 45 days or once confirmation is received on agreed-upon terms.

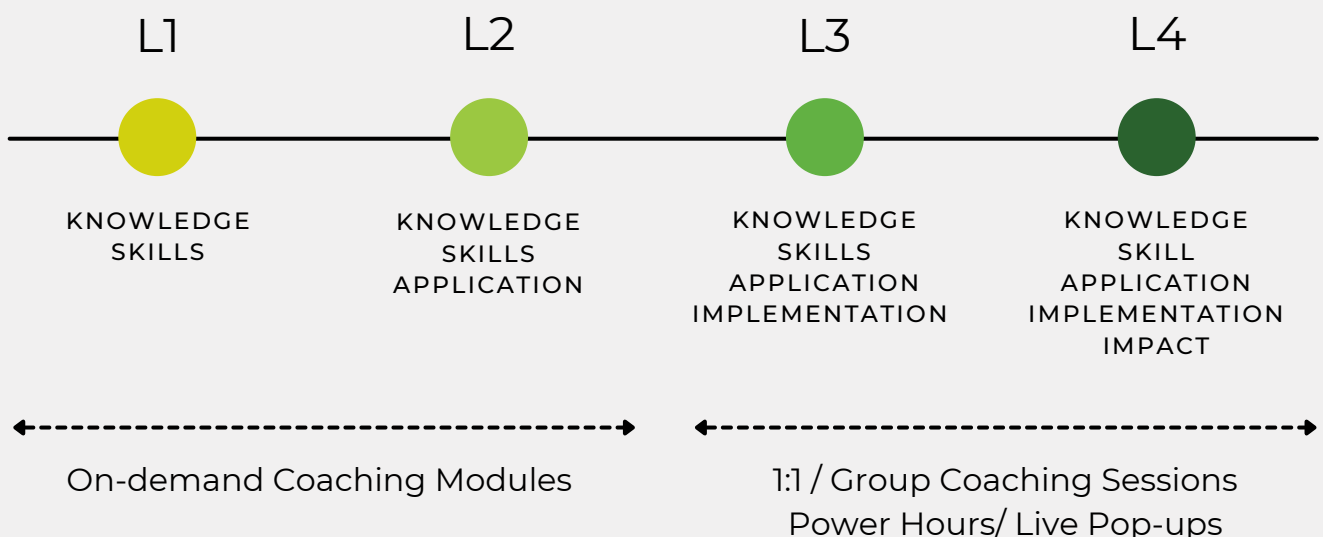
OUR COACHING LEVELS

Coaching to Transformation

COACHING LEVELS OF TRANSFORMATION

Our effective coaching arrives in 4 levels of transformation. Level 1 is all about equipping staff and students with the knowledge and skills necessary to transform. Level 2 leverages the knowledge and skills attained and incorporates real-life scenarios needed for application.

Level 3 coaching provides a more personalized experience for all to implement Levels 1 & 2 into daily successful habits. Lastly, Level 4 coaches the students that have implemented the knowledge, skills and application to leverage their transformation to lead, coach, influence and impact others.



EMOTIONAL INTELLIGENCE COACHING CURRICULUM

Session
1-4



ENERGY LEADERSHIP OVERVIEW

Session
5-8



STRESS MANAGEMENT

Session
9-12



WELLNESS

Session
13-16



PRODUCTIVITY – INDIVIDUAL
(PART 1)

SCHOOL-LIFE
BALANCE

Session
17-20



PRODUCTIVITY – TEAM
(PART 2)

Session
21-24



OPTIMAL LEADERSHIP

- Emotional Intelligence
- Relational Intelligence
- Leadership Intelligence
- Putting it all together





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