

PRICING

Title	Description	Includes	Session Titles	Duration per Session	Max Capacity	Modality Offered	Price
CAREER FORMULA	5 step formula to build your best career journey. From high school seniors & college students to new grads & seasoned talent. Pursue your dream internship, gap year, or job.	• Templates • Scripts • Manual	3 Sessions 1) The Formula self+industry+targets+brand+capital 2) Execution 3) Refinement	1-2hrs	75	In-person Virtual	\$4,500
STRENGTHS	Learn exactly how to build a strengths-based team with the guidance of a certified coach. Reduce conflict & optimize harmony.	• Indiv. Development Plan • Group Strengths Coaching • Team Dynamics Template • Clifton Strengths Assessment*	1) Intro to Strengths 2) Leveraging Your Strengths 3) Build Strengths-based Teams	1-2hrs	30	In-person Virtual	\$4,500 *+\$60/person
EMOTIONAL REGULATION FOR THE WORKPLACE	Revolutionize work with emotional regulation techniques (both human & AI), to proactively identify, harness, & appropriately respond to challenges.	• Indiv. Development Plan • Resources Blueprint • 6 Guiding Principles Inventory	1) Intro/101 (<i>in-person only</i>) 2) Certificates & Application 3) Inventory & Debrief	2hrs	30	In-person Virtual	\$4,500
ON PURPOSE	In mere moments, do what it takes most a lifetime - identify your purpose! Learn to use purpose as your guide & apply it personally & professionally, daily.	• Writing Prompts • Worksheet	1) Intro & Craft Purpose 2) Refine Purpose Statement 3) Litmus Test Your Purpose	1-2hrs	30	In-person Virtual	\$4,500
CAREER ADVISING	Individual or small group. Access 25+ years of curated career expertise. Find clarity amidst nebulous career scenarios.	• Strengths Assessment • Strengths Coaching • Indiv. Needs Assessment • Indiv. Development Plan • Advising Notes	1) Intro & I.D. Goals 2) Execute w/ Resources 3) Craft Future Steps	45 min	1-4	In-person Virtual	\$600 indiv. \$4,500 group
“HOMELING”	Find your way home & find your place in this world. I share my harrowing story of finding my way home (figuratively & literally) & how you can too.		Keynote	20-60 min	n/a	In-person	\$4,500

Note: All offerings pair well with Career Advising

Krys@KrysArdayfio.com

Summer 2025