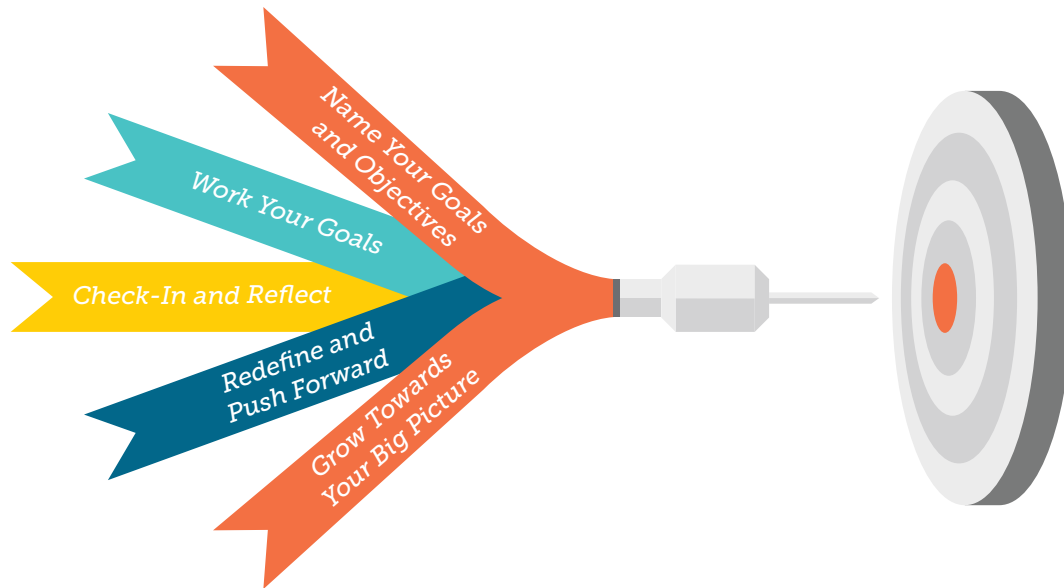




SARA CAPUTO  
CONSULTING

## Accountability Coaching



Accountability is everything. And I mean everything when it comes to maintaining systems and accomplishing the objectives you've defined for yourself. Whether you're an entrepreneur wanting to reach your goals, a business owner wanting to increase your bottom line, an employee needing to maintain structure to hit your numbers, or a manager needing to manage more effectively—you'd benefit from Accountability Coaching.

### *How It Works*

*Accountability Coaching is set up in 4-week cycles.*

This program allows you to name your goals, work said goals, check-in and continue to grow towards your big picture. We create the structure and define your objectives and then we meet to clarify, redefine and continue to push forward.

#### **Week #1: 90-minute Coaching Session**

We do an in-person or Skype coaching session. At the end of the session, we create goals based on what you want to carry forward, change or create new habits around. We then outline a specific plan for what you want to accomplish over the next seven days.

#### **Weeks #2-4: 15-minute Reset Calls**

Done via phone, we have 15-minute reset calls to check-in on where you're at with your goals and then set new goals for the week ahead. It's through these consistent meetings that you're able to reflect on your practices, continue to grow into stronger habits and, ultimately, reach those high standards you set for yourself.

*A three-month commitment works best.*

You can add on months as we go, but digging in around this process for three months is the commitment I ask for in order to create significant change and get to the core of the areas you want to see change. Otherwise, let's be honest, we're just putting band aids on situations and avoiding what needs attention.

### *Why? Because you can't just say you're going to do it.*

Research shows that when you are accountable to someone, you are more likely to do that thing. So let's keep you accountable and move you towards your goals.

**To Learn More, Contact:** [Sara@SaraCaputoConsulting.com](mailto:Sara@SaraCaputoConsulting.com) | **Call:** 805.689.8414 | **Visit:** [www.SaraCaputoConsulting.com](http://www.SaraCaputoConsulting.com)