## SP T-IT

## BREAKING FREE FROM STRESS, WORRY, AND ANXIETY

An emotionally intelligent, peer-to-peer, situational coaching method that decreases stress and anxiety while increasing a person's self-esteem.

ROGRAM	INVESTMENT*	
KEYNOTE   60 minutes	\$5,500	
WORKSHOP   3 hours In-person, up to 35 people, +\$12 pp material fee.	\$5,500 + \$12 pp	
WORKSHOP + SPOT-IT™ ONLINE COURSE \$12 pp material fee. Affords one-year access to the online course for \$55 pp.	\$5,500 + \$12 pp + \$55 pp	
FACILITATED SPOT-IT™ CIRCLE MEETINGS 60 minutes each. Offered to attendees who have completed the online course or in-person workshop.	\$950 Onsite	\$650 Webinar
SPOT-IT™ CIRCLE MEETING LEADER TRAINING  Three, 2.5 hour sessions up to 12 people, +\$100 pp material fee.  Includes lifetime access to the online course.	\$8,500 for 12 participants + \$100 pp	
SPOT-IT™ ONLINE COURSE STAND-ALONE Lifetime access to nine module video course, printable workbook, Certificate of Endorsement, follow-up reinforcement videos.	\$397 pp	
SPOT-IT™ ONLINE COURSE AS AN EMPLOYEE BENEFIT	Deeply discounted price based upon per employee, per month. Schedules are available.	

<sup>\*</sup>Additional investment applies if facilitator travel is required.

ROI Includes: Happier Employees | More Productive Workplace | Less Sick Time | Fewer Insurance Claims

Contact <a href="mailto:support@whynotspot-it.com">support@whynotspot-it.com</a> for more information.



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