

CROSSING BRIDGES COACHING



STRATEGY CALL COMPANION

Prep Like a Pro for Your Private Leadership Conversation
with Deborah Guy CLFC



In service to your next chapter. deborahguy.com

WELCOME. LET'S SET THE STAGE.

You've already made a powerful decision:

To move forward with clarity, courage, and intention.

This guide is here to help you make the most of it.

Before we meet, I invite you to take a breath and give yourself this quiet moment—to reflect, reconnect with what matters most, and honor the bold next chapter you're stepping into.

This upcoming session isn't just a conversation.

It's an opportunity to pause the noise of the day-to-day and focus deeply on you — your vision, your friction points, and what forward movement could look and feel like when it's aligned with the life your soul intends.

To get the most from our time together, I invite you to:

- **Be Present.** Block time in a quiet, uninterrupted space.
- **Be Open.** This isn't about performance. It's about truth.
- **Be Kind to Yourself.** Growth begins with self-respect.
- **Bring the Real You.** Not the polished, prepared you — just you.

And finally, remember:

Coaching isn't about fixing you. You're not broken.

It's about partnering with you to uncover what's next — with clarity, courage, and a strategy you can actually achieve.

I'm so glad you're here.

Let's get started.



— Deborah Guy, CFLC
Crossing Bridges Coaching

What's Inside

A Guide to

Showing up with Intention

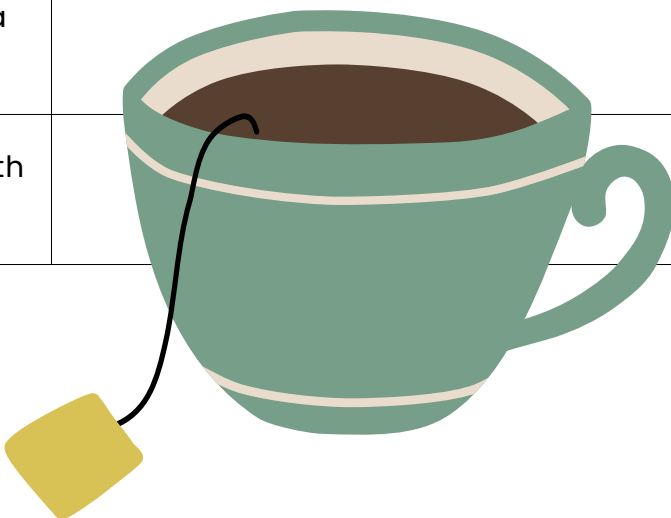
an Invitation to

Clarify What Matters Most , and

An opportunity to book a Strategy Session, if you haven't done so already.

Creating Your Space

This is not just another Zoom call. This is time you've carved out to reflect, explore, and realign.

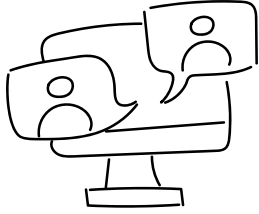
SETTING THE STAGE <i>To get the most out of your session</i>	WHAT TO AVOID <i>To protect your experience</i>
Choose a quiet, private space where you can speak freely.	Don't join while commuting or multitasking.
Close the door — symbolically and literally.	Avoid scheduling back-to-back meetings.
Silence phone and desktop notifications.	Don't use public or shared spaces where you feel self-conscious.
Have a journal or notebook nearby.	Plan not to take the call from your phone unless absolutely necessary.
Bring water, tea, or anything that keeps you grounded.	Avoid joining from cluttered or visually chaotic spaces
If you like, light a candle or include a calming object.	
Give yourself a few moments of breath before we begin.	

BOOK NOW



Our Session Details

Let's make our time count – with clarity and ease.



Meeting Platform

- All sessions are held via Zoom.
- Your **confirmation** email includes your unique, secure Zoom link.
- Please join from a **laptop or desktop** if possible.
- **Camera on is encouraged** for the best experience.

Recording, Summaries & Privacy

To support your clarity and momentum, our Strategy Session will be:

- **Recorded, summarized with clear action items** so you can revisit key insights and next steps. The summary and action items will be sent to you following our initial strategy session.

If you prefer not to be recorded, or would rather not receive a summary, just let me know at the beginning of the session. **This space is yours.**

Need additional privacy? We're happy to provide a mutual Non-Disclosure Agreement upon Request. To request one, just mail Rebecca Grace at SayHi@DeborahGuy.Com



Tech Tips

- Join from a **strong Wi-Fi** connection.
- Please arrive a few minutes early to **check your setup**.
- Keep your Zoom updated to the **latest version**.

BOOK NOW



If You Need to Reschedule

Rescheduling & Missed Appointments

You're welcome to **reschedule** your session **up to 24 hours in advance** at no cost **using the link** in your confirmation email.

If you're **rescheduling within 24 hours** of your appointment, please **contact Rebecca Grace** at **Sayhi@DeborahGuy.com** as soon as possible.

To secure a new strategy session following a **missed appointment**, a \$300 non-refundable deposit is required.

If we move forward into a coaching engagement, that deposit will be applied against your first month's retainer.

The Bridge Builder



An old man, going a lone highway,
Came at the evening, cold and gray,
To a chasm vast and deep and wide,
Through which was flowing a sullen tide.
The old man crossed in the twilight dim;
The sullen stream had no fear for him;
But he turned when safe on the other side
And built a bridge to span the tide.

"Old man," said a fellow pilgrim near,
"You're wasting your strength with building here;
Your journey will end with the close of day;
You never again must pass this way.
You've crossed the chasm, deep and wide—
Why build you this bridge at eventide?"

The builder lifted his old gray head:
"Good friend, in the path I have come," he said,
"There followeth after me today
A youth whose feet must pass this way.
This chasm that has been naught to me
To that fair-haired youth may a pitfall be.
He, too, must cross in the twilight dim;
Good friend, I am building this bridge for him."

By Will Allen Dromgoole, 1860-1934, American Author, Poet and Journalist, founder of the Waco Woman's Press Club.

Personal Note From Deborah

I help individuals raise themselves through fear mastery and self-governance—so they can design their future with intention, even in the midst of daily chaos.

My hope is that your legacy reflects joy, harmony, and integrity. That you live fully. That your deepest talents are nurtured, and that you welcome growth—even when it stretches you.

I know, personally, that when you change your life, you change the future of your family. You shape what comes next—for the better or not at all. Courage is the difference.

Welcome to a life where clarity is cultivated, fear is mastered, and you step fully into the life your soul intended.

Warmly,



BOOK NOW



How do you want to show up?

What's Your Style?

Once you've reviewed setting yourself up for success:

- how to prepare
- how to reschedule if needed, and
- knowing what to expect—you're all set.


The next few pages are completely optional.


Some clients prefer to arrive and explore in the moment. Others like to reflect ahead of time.

Either of the following approaches is 100% welcome.

If you prefer to show up and explore in the moment. You can stop reading here.

If you prefer to do a bit of reflection ahead of time, we offer two simple ways to engage if you desire:

 **Prefer pen to paper?** You can download this document and print out the next few pages, jot down your thoughts, and bring it to our conversation.

 **Prefer to type and share?** Use our secure online form to send your reflections to Deborah before your session. You can link to it just below.

No pressure. No performance. Just an open invitation to fine tune.

OPTIONAL REFLECTION SECTION

Clarifying What Matters Most.

You don't need to prepare a perfect plan.

Use this page to reflect on what feels most present or meaningful right now. Start anywhere. There are no wrong answers.

What would make this conversation meaningful for you?

How To Show Up

- With Curiosity
- With Honesty
- With a willingness to explore
 - Where you are
 - what you want, and
 - what's been getting in the way

Take it a bit deeper...

- What feels stuck, unclear, or heavy?
- Where are you seeking alignment or momentum?
- What would feel like a 'win' from our session together?

My thoughts before we meet...

You don't have to figure it all out. Just start where you are.

What's Rising to the Surface

Let's name what's most present right now.

Take a moment to name what's taking up the most space in your mind or heart right now.

There's no
need to
organize it
perfectly.
Just name
what's asking
for your
attention.

You might be:

- ☐ Standing at a Crossroads
- ☐ Feeling Stretched or Stuck
- ☐ Facing a Decision or Transition
- ☐ Hungry for Momentum, Clarity, or Alignment

What's asking for my attention right now?

You don't have to have the answers — just the willingness to explore what's asking to be heard.

Returning to What Matters

Let's reconnect to your values, vision, and voice.

Amid deadlines, expectations, and the pace of life—it's easy to lose touch with what really matters to you. This is your invitation to pause and listen inward. What wants your attention right now? What values, aspirations, or questions are calling you to re-center?

What really matters in this season?	What do you want more of? Less of?

**IF I COULD SAY ONE THING, BOLDLY AND HONESTLY, ABOUT WHAT I
WANT NEXT -IT WOULD BE...**

This insight can shape the way forward—be as bold or as quiet as you need to be

Exploring Priorities and Possibilities

Let's begin sketching the contours of what matters most to you.

You don't need to be certain — just honest.

Use this page to surface the themes, desires, or shifts that feel important right now.

What are some areas you'd love to explore or gain traction in?

Examples might include life balance, leadership growth, confidence, clarity, communication, relationship patterns, mindset, boundaries, or impact.

What do you already know you'd like to shift, heal, or resolve?

This might be a recurring pattern, obstacle, or story that no longer serves you

What would you be brave enough to want if nothing was in your way?

Be bold. This isn't about commitment — it's about truth.

💡 This page invites forward motion — not perfection. Just name what's present and possible.

Quick Recap

It takes courage to pause, reflect, and allow yourself to want something more aligned, more spacious—or simply... more you.

Whether navigating a transition, recalibrating your path, or stepping more fully into leadership, I'm here to help you listen to the deeper voice inside and chart a course that honors your values, vision, and vitality.

This is a space for truth and transformation.

To help us both show up fully, I invite you to enter this conversation with three simple agreements:

1. This is a conversation, not a performance.

I'm not here to impress you or tell you what you want to hear. I'm here to serve you.

2. Bring everything.

Hide nothing. Hold nothing back. I promise to do the same.

3. Don't try to please me.

If something doesn't resonate, say so. Be honest. Be real. And if something stirs something in you—lean in.

You don't need to come prepared with answers. Just bring your honest thoughts, your questions, and your curiosity.



BOOK NOW





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Crossing Bridges Coaching, LLC
Washington, D.C. | Serving Clients Nationwide

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