

1:1 COACHING WITH THE COACHING GROUP

The 4-Week Coaching Sprint

Focused, one-on-one coaching built around the one thing you actually want to change.

WHY THIS WORKS

One Focus, Four Weeks, Real Change

Most coaching fails not because people don't want to change, but because they try to change everything at once. A sprint works because it does the opposite, one focused area, four weeks, real accountability.

You don't need a year-long program to make a real shift. You need someone in your corner, a clear focus, and four consistent weeks of personalized attention.

This isn't a course. It's not a set curriculum you move through regardless of what's actually going on in your life. It's built entirely around the one thing you're ready to work on right now.

THE CORE IDEA

Real change doesn't come from more information. It comes from focused attention, applied consistently, for long enough to stick.

THE PROCESS

Four Weeks, Fully Personalized

Every sprint starts the same way and ends the same way, but what happens in between is entirely built around you.

THE SHIFT

1. Week 1: We identify the one hyper-focused area that will make the biggest difference in your life right now.
2. Weeks 2 and 3: We build and refine a plan together, session by session, based on what's actually working and what's not.
3. Week 4: We lock in what's sticking and build your plan for keeping it going after the sprint ends.

No fixed curriculum, no generic worksheets. Just four weeks of coaching aimed at the thing that actually matters to you.

IS THIS YOU

Built for Dads Who Are Ready

The sprint works best for dads who have a specific area they want to work on, even if they can't fully articulate it yet.

Presence at Home

You're physically there but mentally somewhere else, and you're ready to change that.

Work-Life Boundaries

Work is bleeding into everything, and you need a real structure to contain it.

A Specific Relationship

Something with a partner, a kid, or yourself that needs direct, focused attention.

COMMON QUESTIONS

Before You Enroll

A few things dads usually want to know before they start.

"What if I don't know exactly what to focus on?"

That's what week one is for. Part of the work is figuring out the right focus together, not showing up with it already solved.

"How much time does this take each week?"

One session a week, plus small, specific action steps in between, nothing that requires overhauling your schedule.

"What happens after the four weeks?"

You'll leave with a plan for sustaining the change on your own, and the option to continue coaching if you want more support.

THE DETAILS

What's Included

Everything in the sprint is built to keep the focus on you and on momentum, not on paperwork.

FOUR 1:1 SESSIONS

One live coaching session each week, fully focused on your specific goal, not a generic script.

BETWEEN-SESSION SUPPORT

Check-ins and accountability between calls, so the work doesn't stop the moment the session ends.

BEFORE YOU BOOK

Is This Right for You

Take a minute before your discovery call to get clear on why you're here.

THE ONE THING I WANT TO WORK ON

WHAT GETTING THIS RIGHT WOULD CHANGE

NOTES

Four Weeks. One Focus. Real Change.

The Coaching Sprint is built for dads who are ready to stop putting off the one change that would actually matter. If you're ready to start, let's talk.

[Book Your Discovery Call →](#)

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