



Sophia Mikelionis

Workshops | 1:1 Coaching

I help driven women lead themselves so powerfully, everything around her shifts

Capability Statement

We don't just hand out burnout tips, we help high-achieving women to lead themselves so powerfully, everything around them shifts. Through hands-on tactics, we help corporate professionals create real boundaries, reclaim balance, and become the kind of woman whose presence resets the room. This is more than burnout recovery, its self leadership.

Value Proposition

Arming high achieving women on the edge of burnout create balance and boundaries through action oriented tools while they continue to grow in their current roles.

Differentiator

Different from one-on-one Life Coaching or one-day information sessions, GearingTogether leverages the power of community and accountability to lead high achievers through thought exercises, journal prompts, and dialogue through real road blocks to create sustainable change and establish lasting work-life balance through accountability and like-minded connections.



Core Capabilities

- Deep dive into values unique to each individual through values exercises and Happiness wheel.
- Redefine the meaning of time and how it energy is spent within 24 hours.
- Guided walk through paired exercises detailed in self published workbook. derived from tested tactics and tips from mentoring sessions.
- Leverage the power of community through share outs and experimentation.
- Time and space to pinpoint what barriers prohibit success.

Our Services

Small Group Workshops (Virtual)

- 5 Inter-dependent, weekly 60-min sessions
- 4 Thought exercises and 3 share-outs
- Each small group has 7 seats available to facilitate and encourage candid feedback

Corporate Workshops (On-Site)

- Half-day workshop or 90-min session
- Condensed review of 5 Workbook Topics
- Breakout groups to discuss exercises and share-outs

Ready to help your team level up? Let's chat



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