

JILL PAYNE

Coaching

Imagine feeling joyful, inspired, and powerful every day.

Imagine living in a world of possibility, positivity and certainty.

Imagine sharing this world with others.

Become a BE A DIME CERTIFIED ENERGY MANAGEMENT COACH



What is Energy Management?

As we move through (and beyond!) the implications of the last two years, many of us are looking for signs of hope, agency, and connection in our lives.

Be a Dime Energy Management is a training practice that leads us to find those things within ourselves! Energy Management provides the skills, knowledge, and habits of mind that build increased energy, expanded personal and professional capacity, and a sense of joy and purpose to jump-start each day. The training includes coaching for technical skills, goal setting, reflective and mindfulness practices.

The way you feel shapes your whole life: work, family life, relationships, finances, and health. Instead of changing your conditions, change your energy. Learn how to feel good NOW and watch how your life experience will shift to match how you feel.

Jill Payne is the creator of this method. She has been creating and teaching this philosophy to individuals, teams, businesses and communities for almost 10 years. Now that the techniques are tried and tested, Jill has created a certification program to train others to coach this impactful material. Join the team!

Why become a coach?

Everyone needs capacity NOW!

- 1. Low capacity is so prevalent.** The appetite for Energy Management is at an all-time high. Corporations, sports teams, schools, healthcare... pretty much everyone. The opportunity to make a positive impact is limitless.
- 2. Meaningful, powerful work on your own terms.** You will be your own boss, creating your schedule, deciding what demographic you want to target, making a true positive change for people everyday.
- 3. You want to empower yourself and others all day.** It is so fun to be IN this material, living these principles all day long. You will notice your own energy and capacity increase as you learn and grow.
- 4. You are craving a community of like-minded positive individuals.** Our coaching community feels like family and we all look forward to seeing each other at our monthly happy hours. This is a supportive accountability group that uplifts one another and troubleshoots problems together.
- 5. You believe WHOLE HEARTEDLY in this material.** You know, believe, and feel that energy is the most important factor in how our lives feel and play out. You can't wait to share this with others.

Logistics

We start our semester for coaches September 2022. This year we will be enrolling only 10 candidates. Graduation is in April 2023, and spots are filling up already.



The Coach Certification Training:

SEPTEMBER-DECEMBER you will be going through the one on one program with a trained Energy Management Coach.

JANUARY-MARCH we will have zoom sessions once a week where we will do a deep dive into each part of the program, and you will learn how to coach your practice client through the programming.

Dime Community:

Along with the training you will be invited to our DIME monthly online gathering. These zoom calls include the founder, Jill Payne, and prior graduates. This is a great time to share successes, ask for advice, and problem solve. We also dive into topics such as pitching, proposal writing, and keeping each other accountable to manage our own energy. In addition, this year we have developed a digital dashboard with coaching resources. This will include audio recordings for each of the 12 parts with tips and reminders for how to coach the section.

The goal is to get all the coaches as many resources to support their success. Plus it is so much fun to gather with like-minded individuals who believe so much in the power of this material.

Upon re-certification, you will be invited to an Energy Management Retreat to reconnect with the material, each other and learn about any updates. This retreat programming is included in your licensing fee. At the moment, this is a virtual retreat but in the future we will gather in person.

Yearly licensing includes:

Community with coaching resource digital dashboard, monthly Coach Happy Hours and a yearly re-certification retreat. Applicable for coaching:

CORPORATE

Keynote and Slide Deck
30-day Energy Challenge for keynote attendees

SMALL TEAMS

Stage 1 Coaching Dashboard

INDIVIDUALS

Stage 1-3 Coaching Dashboard