



Offer Letter for:

Burnt Out BCBA to Balanced Business Owner

With Applied ACT -Small Group

6 Month Intensive Mentorship Experience

Presented by Mindfully Mallory

Congratulations!!!

You are in the process of creating a MASSIVE shift for you, yours and those around you. By choosing to follow your intuition, curiosity, and personal mission to create a new relationship with mindfulness and private events, not only setting yourself up for a new way of working and living but also BLAZING a trail for those you work with to experience the full tool belt of ABA by incorporating ACT and mindfulness coaching strategies!

This 6 Month Applied ACT Small group is all about unpacking that specific trauma that comes with being a BCBA, as well as the burnout associated with helper jobs and roles. Because when you feel more like you and you know when you will next get access to the things you need as an individual you are going to be able to give more while losing less! You know I'm all about those WINS on WINS on WINS!

As well as establishing your side, transition or pivot business online using the values based, data driven strategies of ACT. Then creating leads, offers, and content to launch the business of your dreams. Further giving you the opportunity to live a life on your terms and aligned to your values and vision! While creating a community of like minded people to surround yourself with as you pivot to your new way of relating to work! And of course maintain that vision moving forward!

So, let's talk about what's included:

- Group calls are on the first 3 Thursdays of each month at 10:30am PST
 - To talk through and work on unpacking burnout and BCBA trauma directly with me as a coach plus to connect with your group members
- Closed Facebook Group
 - To build a safe connective network of other BCBAs you can talk to during and after this group
- Electronic workbook
 - For ease of reference and a place to keep track of your reflections
- A Monthly 1:1 call with Mallory
 - This is to cover anything you don't want to say in the group and to give space to crafting a specific strategy to your situation.
- supplemental ACT Training Videos on the Hexaflex & ACT Matrix models
 - To help promote ACT understanding within the trainings and coaching sessions
- 26 Weekly Training Videos on the following topic outline with paired bonus videos to take the content deeper or to add to your skills!

Pre-work- Getting started materials for part 1

Week 1- Life Balance

Bonus: Self as Context

Week 2- BCBA Self Identity

Bonus Defusion

Week 3- Imposter Syndrome & Perfectionism

Bonus: Present Moment Awareness

Week 4- burnout & selfishness

Bonus: Hexaflex Values

Week 5- Shifting views of ABA

Bonus: Hexaflex Acceptance

Week 6- Parent Support vs Parent Training

Bonus: Hexaflex Committed Action

Week 7- Job Pivots & entrepreneurship

Bonus: Hexaflex Psychological Flexibility

Week 8- Tying it all together: ACT is ABA

Bonus: Matrix Series Video 1

Week 9- Journaling

Bonus: Matrix Series Video 2

Week 10- Sitting with Discomfort

Bonus: Matrix Series Video 3

Week 11- Meditation

Bonus: Matrix Series Video 4

Bonus: Present moment meditation

Bonus: Intention Setting Meditation

Week 12- Self Care Practices

Bonus: Matrix series Video 5 (Final ACT Supplemental Materials)

Pework Materials again for part 2

Week 13- Coaching vs ABA

Bonus: making a free website

Week 14- Planning business around your ideal life

Bonus : practice clients & testimonials

Week 15- Designing a business around what you love and how you help people

Bonus: offer creations

Week 16- Website & social Accounts

Bonus: Branding, social posts, heads shots, logos & more

Week 17- Values based marketing

Bonus: Endless Content creation strategies- Content pillars, batching & repurposing

Week 18- Money Mindset & fears around being paid

Bonus: invoicing & billing

Week 19- Asking for help & finding resources

bonus: making a free landing page, link tree & calendar app

Week 20- Tying it all together & doing things!

Bonus: Discovery Calls & DM Conversations

Week 21- Lead Generation, Funnels, Challenges & Facebook Groups video

Bonus: visibility challenge *** no bonus video but ACTION REQUIRED leading up to an offer launch!

Week 22- LAUNCHING!

Bonus: Launch Week Activity!!!

Pework Materials again for part 3

Week 23- Revisiting Imposter syndrome, perfectionism, burnout & your WHY!

Bonus: meditation- Leaves on a stream

Bonus: some words for Feeling Like a Failure

Week 24- Revisiting managing your nervous system, your self- care practices and your vision!

Bonus: Walking meditation

Week 25- Pressure to DO MORE or DO IT ALL vs what you want to do.

Bonus: Meditation- Wise Guide

Week 26- Tying it all together, dreaming bigger, and container closing considerations.

Bonus: Meditation Feeling good

Bonus: Meditation – Future Self

I recommend you commit yourself about 2-4 hours/week to be most effective in this container. The group is structured to be as flexible as possible so you can fit this in around your already full schedule in a way that works for you. At the end you will have had 26 weeks of hands on guided practice in strategies and experience in the mindfulness of my ACT process to take with you and apply to your ABA! **This way, you can start changing how you relate to your life and your work in a way that suits your dreams!!!**

Now let's talk payment details:

There are 2 payment options available to you because I totally believe in meeting people where they are at:

- Option 1: Pay in full- \$2500 USD

- This is to be paid up front for the entire experience. As a bonus- you will get a month of Voxer access directly to ME! So you have me in your ear when you need extra support through the easy voice note app!
- Option 2: Monthly Payments of \$500 (\$3000 total) USD for 6 months
 - This will be billed monthly from a third party payment system for your protection. Please keep an eye out for those invoices to prevent disruption from access to the coaching opportunities.

When you are ready to sign up – Please choose the payment link on the landing page that works best for you and please **read the following terms and conditions below, carefully to make sure we are all on the same page, before agreeing to sign up!**

Terms and Conditions

*******By filling the first invoice you are agreeing to these terms- so please read them carefully to avoid miscommunication or confusion. *******

- **Refunds are not offered at this time for any reason.**
- Should monthly payments stop- access to the group will also stop. Please contact me directly to help overcome access to the agreed upon offer. I will do what is reasonably within my power agreement to help you be successful within the agreed upon service model.
- Content shared in the group is for group members only and each member agrees to not share personal information or copywritten links or materials without permission from Mallory.
- **I do not guarantee any outcome. You will get out of this experience as much you put in, but I cannot do the work for you and am therefore not responsible or liable for your individual outcomes.** I will however do what is reasonably within my power within the context of the agreed upon model to help you move towards your version of success!
- By filling the invoice and therefor purchasing a package offered in this document you are agreeing to the terms and conditions of laid out here in both word and spirit. I will do my best to accommodate any extenuating circumstances that may occur during the span of the agreement.
- Invoices will come via email through a third party service rather than my email address- please be on the look out for those!
- During major American holidays there will be a schedule change posted in advance.
- Should I be sick or have an family emergency, a make up call will be offered at a later date.
- No Call/No Shows will be considered services rendered after the first grace occurance. If you need to cancel a 1:1 call please do so before 8am the day of.
- 1:1 calls do not roll over unless otherwise agreed upon. Please use 1 call per month to avoid missing out on coaching opportunities.

If you have any questions, please email me at mindfullymallory@gmail.com
You can also check out my Instagram with the handle MindfullyMallory or my website at www.mindfullymallory.com

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