



We're so glad you're here!

If you've found your way to this guide, you're likely standing at an important moment in your life or career.

Maybe you're exploring a new direction.

Maybe you're feeling stuck or ready for growth.

Or maybe you're simply craving clarity about what comes next.

Wherever you are right now, it makes complete sense to want support that's structured, personalized, and genuinely invested in your success.

Career transitions, whether this is your choice or happened unexpectedly, can feel exciting and overwhelming all at once.

You don't need to navigate that alone.

At Shinebright, we believe meaningful career change starts with self-understanding. Your strengths, your values, your stories and your vision for the future.

Our one-on-one coaching is designed to help you reconnect with those foundations so you can make decisions with confidence rather than confusion.

We created this resource to give you a clear, honest look at what you can expect when you choose to partner with us.

We're truly excited for what's ahead for you.



FREQUENTLY ASKED QUESTIONS

FAQ 1

Do you offer in-person coaching sessions?

All of our 1:1 coaching sessions take place virtually via Zoom, giving clients flexibility and access from anywhere. This allows us to work with people across Los Angeles and beyond. For select corporate or team engagements, we also offer in-person workshops and retreats.

FAQ 2

How long is the coaching process?

Our most common coaching programs include 10- or 15-session packages, typically meeting weekly or bi-weekly—on average, about three months. The process is structured yet personalized, designed to give you clarity, strategy, and momentum. Many clients choose to continue with ongoing coaching or join our Shinebright Membership after completing their initial program.

FAQ 3

What's the difference between coaching and therapy—and how do I know which one I need?

Coaching focuses on where you are now and where you want to go next. It's future-oriented and action-driven, helping you identify your strengths, clarify your direction, and take intentional steps toward your goals.

Therapy often focuses on healing the past or addressing emotional challenges that may be keeping you stuck. Sometimes, starting with therapy helps you build a stronger foundation before moving into coaching.

Other times, beginning with coaching helps you get unstuck, reduce overwhelm, and gain the clarity that naturally eases anxiety. Many clients find that the two work beautifully together—therapy for healing, coaching for growth.



FREQUENTLY ASKED QUESTIONS

FAQ 4

Do you offer additional support beyond the initial coaching package?

Yes! We offer continued coaching options for clients who want to stay supported as they move toward their goals. Some clients schedule an occasional strategy session to check in, get guidance, or stay accountable as they implement what we've worked on. Others opt for a 3- or 6-session package when they find they thrive with continued structure, support, and accountability.

Many also join our Shinebright Membership, which offers monthly group calls, a private community, and ongoing learning resources to help you stay connected and inspired.

FAQ 5

What makes Shinebright's coaching approach different?

Our approach blends over 13 years of coaching experience with a strengths-based framework that helps you uncover what truly makes you thrive.

Shinebright was co-founded by Meike Hennon, whose background in education and teaching informs the reflective and growth-oriented elements of our process, and Shannon Philip, whose experience in the corporate world and development organizational brings structure, strategy, and real-world application. Together, that blend shapes every aspect of how we coach and the offerings we create, helping you gain clarity, build confidence, and make lasting, meaningful change.



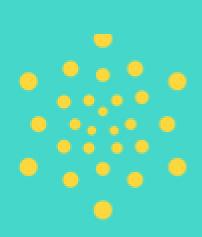
PACKAGE 1

10 Sessions \$2,495

+ Shinebright Membership



Ideal if you're exploring what's next or navigating a career change, and want consistent support to build clarity and traction towards your next job



- 10 personalized 1:1 coaching sessions with your Shinebright personal career coach
- CliftonStrengths assessment
- Access to Shinebright Membership

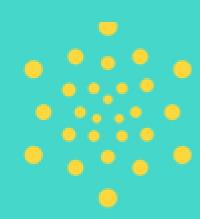
PACKAGEZ

15 Sessions \$3,560

- + Brand New Resume
- + Shinebright Membership



This is perfect for you if you're pivoting careers, launching a full job search, or ready to land a new role.



- 15 personalized 1:1 coaching sessions with a Shinebright personal career coach
- CliftonStrengths assessment
- A brand new professional resume by our resume experts
- Access to Shinebright Membership*

Shinebright Membership Includes:

- Bi-monthly group coaching calls
- Community Q&A board for in-between support
- On-demand access to Shinebright course modules, journaling prompts & career-building resources

Add-On Support Available:

We also offer discounted support for clients enrolled in a coaching package:

- LinkedIn profile optimization
- Cover letter support
- Additional resume refreshes or tailoring for specific roles



NOT SURE WHICH PACKAGE IS RIGHT FOR YOU?

At Shinebright, we specialize in career clarity, and helping you find a job that you'll love. If you're not sure which package is right for you, we'll help you choose based on where you are and what kind of support you need.

Schedule a no-strings-attached consultation call today.

Book Now





Let's chat soon!

Meike & Shannon

