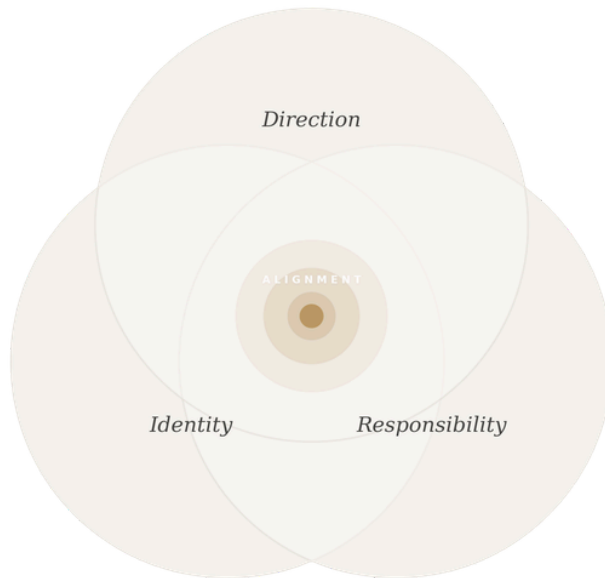


CLIENT WELCOME PACKET



PATHFINDER
VELORA

www.veloraplatform.com



A journey to purpose, led from within

Welcome to Pathfinder!

This is a space designed to help you reconnect with what has always been true about you. Whether you're navigating a career transition, leading others, or seeking deeper resonance in your life, this journey will help you uncover clarity and align with your original design.

These sessions aren't about giving you a formula. Instead, we'll walk together through inquiry, reflection, and alignment, uncovering the direction that is uniquely yours.

You'll also receive simple tools and prompts to help you begin noticing your own patterns between sessions.

We're honored to walk alongside you.

With care,

A handwritten signature in black ink that reads 'Troy'.

& the Velora Team

AGREEMENTS & EXPECTATIONS

These guideposts outline how we'll create a safe, aligned space for exploration and growth throughout your Pathfinder journey.

The Pathfinder Program is a coaching experience offered by Velora. It is designed to provide reflective tools, facilitated dialogue, and practices that support personal and professional growth.

- This program is not therapy, medical treatment, or a substitute for licensed mental health care.
- All conversations are treated as confidential. Insights shared during sessions are honored and not shared outside the program.
- Sessions may be recorded or transcribed for the sole purpose of training and capturing notes. This ensures the facilitator can remain fully present during the session. We will always obtain your written consent before recording or transcribing. All recordings and transcripts are treated as confidential and are not shared outside the program.
- Participation is voluntary. You may choose to pause or withdraw from the program at any time.

Important Note on Expectations

The Pathfinder Program is not here to “fix everything” in one go. It is designed to move you through a structured process of discovery, alignment, and momentum.

The goal is to leave with clarity, resonance anchors, and a sense of direction, not a finished solution to every challenge.

Participant Commitments

By joining, participants agree to:

- Engage with openness and respect for themselves and others.
- Take personal responsibility for how they apply insights and practices.
- Hold fellow participants' stories and reflections with discretion and care.

You'll also receive a **Pathfinder Program agreement** before Session 1. This ensures clarity on logistics, boundaries, and shared commitments.

ABOUT YOUR GUIDE



TROY JAMES,

EXECUTIVE LEADERSHIP COACH,
FOUNDER & CEO, VELORA

Through the pathfinder journey, you'll be guided by Troy James, a Harvard-Certified Executive Leadership Coach with more than 20 years of experience guiding leaders and organizations through purpose-driven transformation. Formerly the Senior Global Inclusion and Belonging Business Partner at Starbucks, Troy led initiatives impacting more than 145,000 lives across 83 U.S. cities and is a recipient of the Congressional Certificate of Recognition for his leadership in the award-winning ALL.IN. movement.

As Founder and CEO of Velora, Troy specializes in helping senior leaders align identity, conviction, and performance, equipping them to lead with clarity from the inside out.

Troy's approach centers on:

- Deep, attentive listening that honors your unique story
- Asking powerful questions that illuminate new perspectives
- Creating intentional space for reflection and clarity to emerge
- Bridging strategic thinking with identity-centered leadership development

Your sessions with Troy are designed not to direct your path, but to help you discover the direction that already lives within you. He serves as both a strategic partner and a guide as you navigate toward your most aligned and purposeful future.

WHAT TO EXPECT

Your Pathfinder journey is designed to create space for discovery, alignment, and meaningful movement forward. These sessions aren't about providing one-size-fits-all solution, they're about uncovering what's already true for you and helping it take shape in your life.

Program Overview

4 Guided Sessions

Personalized Coaching + Reflective Practices to deepen insight between calls

Uses Velora's signature tools like Frequency Work™ and The Becoming Cycle™ to uncover patterns, clarify decisions, and move forward with confidence.

Format

90 minute 1:1 Teams sessions — a private space for guided exploration

Simple reflection practices between sessions to help capture insights and bring clarity into daily life.

Additional resources from the Velora Toolkit to help you embody what's emerging.

How to Prepare

✓ Complete your Frequency Work assessment

✓ Find a quiet, uninterrupted space

✓ Bring a journal or notebook

✓ Bring an open heart and a curious mind, this is your space to explore.

THE PATHFINDER FLOW

Pathfinder unfolds across four stages, each one building on the last. This is not a series of sessions; it's a progression from noticing what's true, to designing what's aligned, to becoming who you're called to be, to living it with consistency.

Session 1: Resonance

Focus: *Listening beneath the noise*

Surface where your life feels aligned and where it doesn't. This is where clarity begins: noticing what you've been carrying, what's been driving you, and what no longer fits.

You'll leave with:

A clear picture of what's aligned and what's not, 2-3 core themes shaping your current experience, a your first move toward realignment.

Session 2: Design

Focus: *Remembering your original pattern*

Translate what you've seen into something you can live. You'll begin to shape how you make decisions, what you prioritize, and what alignment actually looks like in practice.

You'll leave with:

A clear sense of what matters most, how you'll make decisions moving forward, and a practical way to apply it immediately.

Session 3: Becoming

Focus: *Crossing thresholds with courage*

Identify the story you've been operating from and the one you're stepping into. This is where change stops being conceptual and starts becoming lived.

You'll leave with:

Clarity on the threshold you're crossing, practices that anchor your transformation, and a next step that aligns with who you're becoming.

Session 4: Integration & Momentum

Focus: *Sustaining change through rhythm*

Build the rhythms that sustain what you've changed. This is where alignment becomes normal and integrated into how you think, decide, and move through your life.

You'll leave with:

Daily and weekly rhythms that hold your alignment, a clear path forward, and a structure that keeps momentum from fading.

Beyond Pathfinder

Pathfinder is just the beginning. For some, the work continues with deepening integration, expanding capacity, and sustaining what's been built.

HOW PATHFINDER WORKS

Frequency Work™

This is where the work begins.

You'll start to notice where your life feels in tune, and where it doesn't, across your thoughts, emotions, actions, and energy.

It brings subtle misalignments into view, surfaces what's pulling you out of alignment, and points toward what's true beneath the noise.

- Reveals subtle misalignments that quietly drain you
- Surfaces patterns that point to your deeper alignment
- Identifies where to begin, what to shift, and what to strengthen

Design Blueprint™

This is where clarity becomes something you can live. You'll shape what matters most, how you make decisions, and how alignment shows up in your daily life, not just in theory, but in practice.

The Becoming Cycle™

Growth here isn't linear.

This helps you locate where you are in the process; what's ending, what's emerging, and what's being formed, so you can move forward without forcing or rushing what's still unfolding.

Integration & Momentum

This is where change takes root. Through simple rhythms and reflection, you'll begin to carry what you've uncovered into your daily life so that alignment becomes something you live, not just something you understand.

PREPARING FOR YOUR SESSIONS

A few simple ways to prepare so you can get the most from this work.

BEFORE SESSION 1

- Complete your Frequency Work™ Scan (*you'll receive the link via email*). This helps you notice what feels aligned, and what doesn't, before we begin.
 - Review your **Welcome Packet** and Agreements & Expectations page so you're familiar with how the work will unfold.
 - Take a few minutes to note 1-2 intentions. What you're hoping to explore or gain clarity on.
 - Choose a quiet, uninterrupted space where you can be fully present.
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BEFORE SESSION 2

- Complete your Session Two prework before you meet. This will help you reflect on your experiences and what you're beginning to see more clearly.
 - Bring any reflections or notes. You don't need to organize them.
-

BETWEEN SESSIONS

- Capture a few reflections from each session. What stood out, what shifted, what still feels unresolved.
 - If helpful, begin integrating one small change or practice into your daily life.
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BEFORE SESSION 3

- Take a few moments to notice what's been shifting since your last session
 - Pay attention to anything that feels different, internally or in how you're responding
 - You don't need to organize it or make sense of it. Just come aware.
-

BEFORE SESSION 4

- Reflect on what has shifted across the first three sessions
- Identify one or two rhythms you want to carry forward.
- Bring any notes or questions to shape your 30/60/90 roadmap

SUPPORT

This work doesn't happen in isolation. As you move through Pathfinder, support is available when you need it. Whether you are navigating a question, sitting in a moment of friction, or wanting to share what's shifting.

When to Reach Out

- Questions about scheduling or logistics
- Clarification on next steps or materials
- Technical support needs

Most of the work will unfold within your session and your own reflection between them.

How to Connect

Email: Support@veloraplatform.com

Best for questions, scheduling, or anything that requires a thoughtful response

Instagram: [@TroyJames365](https://www.instagram.com/TroyJames365)

Follow for inspiration and community updates

Website: VeloraPlatform.com

Additional resources and deeper context around the work

Response Time: We typically respond within 24-48 hours during business days.

Remember

This isn't about getting it right, it's about staying engaged. Most of what emerges is meant to be worked through in your sessions and your own reflections. If something is unclear or you need support with logistics, we're here.



FREQUENTLY ASKED QUESTIONS

What if I need to reschedule?

If you need to reschedule, email support@veloraplatform.com at least 48 hours in advance, and we'll work with you to find a new time.

Are sessions recorded or transcribed?

Sessions may be recorded or transcribed to support note-taking and allow the facilitator to remain fully present during your session. All recordings and transcripts are kept confidential and used only to support your experience.

What if I want more than four sessions?

Pathfinder is a starting point. If it makes sense to continue, we'll discuss next steps in your final session.

Is this therapy?

No. Pathfinder is a space for coaching and reflection, not therapy or medical treatment. If you need clinical support, we encourage working with a licensed provider alongside this process.

How should I prepare?

Come with a journal, a quiet space, and a willingness to engage honestly. You don't need to prepare perfectly, just come present.

What if I get stuck between sessions?

This is part of the process. Not everything resolves immediately, and not everything needs to. Most of the work happens in your own reflection between sessions and will continue to unfold when you meet. If something feels unclear from a logistical standpoint, you're always welcome to reach out.

What if I don't have a breakthrough?

This work isn't built on moments, it's built on shifts. Some will feel immediate, others unfold over time.

THANK YOU

THANK YOU FOR STEPPING INTO YOUR PATHFINDER JOURNEY



By choosing this work, you've made a decision to move toward what's true.

This isn't about becoming someone new. It's about seeing clearly, aligning intentionally, and living from a place that's already within you.

The path won't always be linear, and it doesn't need to be. What matters is that you stay present to what's unfolding.

We're honored to walk alongside you.

Take a breath.

Trust the timing.

Let the work do its work.

With gratitude for your journey,

A handwritten signature in black ink that reads "Troy".

The Velora Team

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