



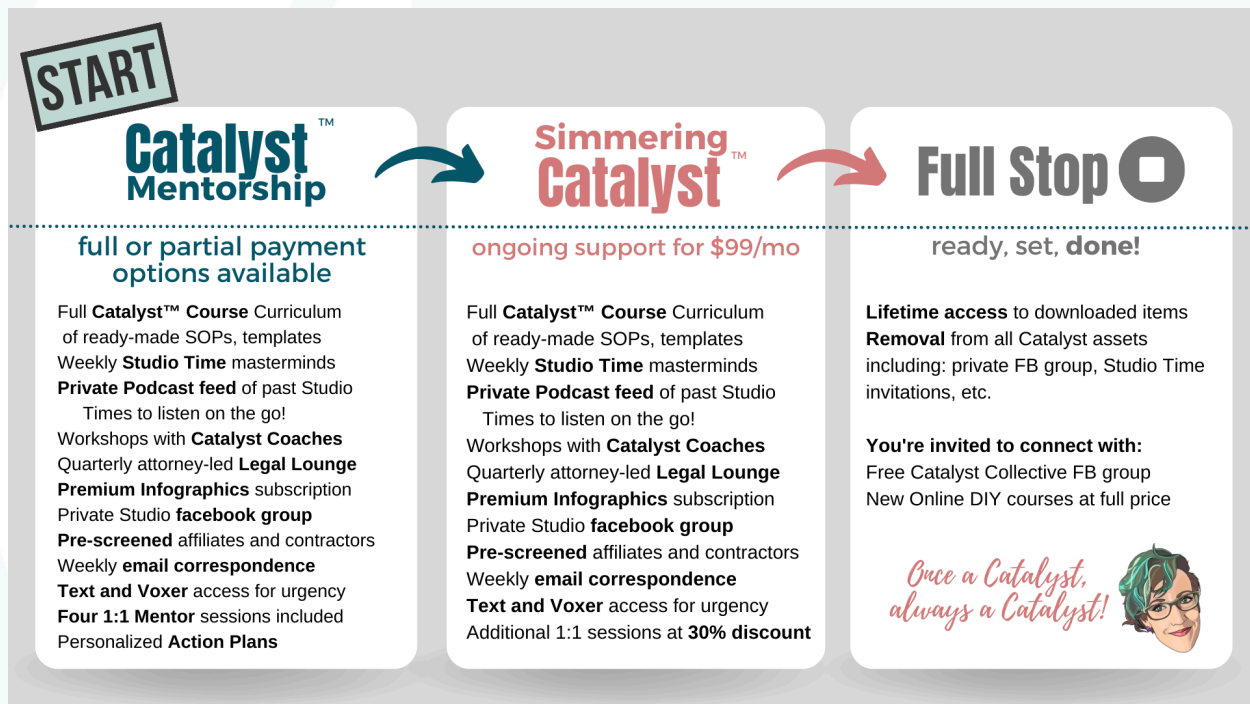
## Choosing your next mentor with confidence

Every season has its closing chapter—and I'm thrilled to see you arriving at this one, whether you're ready to **spread your wings** or **keep simmering** in our beautiful Catalyst container. Growth looks different for everyone, and there's no wrong next step.

When you're ready, you have two clear options:

### **Option 1: Stay on as a Simmering Catalyst – \$99/month**

If you're not done evolving, experimenting, and expanding, this is your invitation to stay close. The Simmering Catalyst option is a **no-commitment, cancel-anytime membership** that gives you just enough support and connection to continue your growth at a sustainable pace.




### **What's Included:**


- Weekly **Studio Time Zoom sessions** (live co-working and brainstorming with fellow Catalysts)
- Access to the private **Catalyst Studio Facebook group**



- Quarterly **Legal Lounge** with our attorney, Dan Icenogle, MD, JD
- Quarterly **Clinical Case Support** with Dr. Allison Becker, ND
- Access to expert workshops in **business, finance, marketing, and mindset**
- Full access to our **online resource library** of templates, SOPs, guides, and masterclasses
- **Early access** to brand-new infographics as they are created
- Discounted **1:1 Mentoring Sessions** with me

 Full details and policies are outlined in [your Mentorship Agreement](#).

 **Change your mind later?** You can rejoin anytime. A small reactivation fee will be added to your first monthly payment.

 [Click here to join](#) as a Simmering Catalyst Alumni

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## Option 2: Wrap Up + Celebrate

If you're feeling complete, I honor your intuition.

Email **Nakota** at [support@drarasalyer.com](mailto:support@drarasalyer.com) to cancel your mentorship. Please allow 3–5 business days for processing.

You can always book [1:1 Catalyst Advantage sessions à la carte](#) anytime at the regular rate of \$299/hr. I'm still cheering for you—always.

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## Choosing Your Next Mentor: What to Know

Whether you're ready for a new voice, fresh ideas, or simply want to build your **keychain of mentors**, here's a helpful guide to navigating that decision with clarity and confidence.

### Traits of a Great Mentor:

- Listens deeply
- Embraces challenge with compassion
- Values creativity and innovation
- Offers flexible structure (not rigid formulas)
- Supports your autonomy, not dependency
- Resolves conflict with diplomacy
- Is actively mentored themselves
- Aligns with at least **80% of your core values**

### Questions to Ask Yourself First:

- What do I need mentorship for *right now*—a specific skill, a deeper transformation, or business refinement?
- Am I ready to be challenged and nudged through discomfort?
- What time will I free up to invest in this new mentorship?
- Is this the right season for deep investment? (e.g., consider life events like weddings, new babies, or travel)
- What did I love—or not love—about past mentors?
- What will help me feel confident I've made the right choice?

### Questions to Ask a Potential Mentor:

(Choose 5–7 that resonate with your priorities)

1. **Why** did you become a mentor?
2. What's your **favorite part** of mentoring others?
3. What are your **top 3 core values**?
4. What's your **one-sentence goal** for everyone you mentor?
5. Is your mentorship more **tactical** (skills/business) or **transformational** (mindset/identity)?



6. What does a **typical experience** look like?
7. Are there **extra sessions** available outside the main package?
8. Do you offer a **contract or agreement** I can review?
9. What's your **refund policy**?
10. Is there a mentorship **community** or accountability partner system?
11. Are there any **additional costs** I should know about?
12. What value do you offer **outside of live sessions**? (Workbooks, access to files, handouts, etc.)
13. What are your **communication boundaries** between sessions?
14. What personal or **professional boundaries** should I be aware of?
15. What's an impactful **lesson you've learned** from your own mentor?
16. If you could **change one thing** about your mentorship, what would it be?
17. Who is **NOT a good fit** for your program?
18. What **unrealistic expectations** do you commonly see?
19. What do you want to be **known for** in 20 years?

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## Final Thoughts

You did it. You showed up, you grew, and you made it through a mentorship that asked a lot of you—and you delivered. Whether you stay in this circle or move on to your next mentor, know this:

### **You are a Catalyst.**

You ignite change.

You challenge the norm.

You create with purpose.

And this is just the beginning.

With deep gratitude and curiosity to keep coloring outside the lines,

**-Lara**

*Your chief Creativity Catalyst & Cheerleader*