



12 Weeks

Weekly 45 min/session. (Zoom and or in person)
(texts and phone calls as necessary)

Ideal Person(s):

The individual is ready and willing to make the initial jump into creating the life that they truly seek and want. They are open and ready for higher standards of accountability and commitment to their personal development.

Profile:

- This person is ready for a lifestyle shift by taking steps in being held accountable by a coach.
- An overstressed, imbalanced, and uninspired healer, parent, and or leader of an organization or business.
- The individual who needs guidance in getting help in the best direction for what they really want to experience in life.

Process -

A powerful and introductory level coaching experience. We begin to peel back the initial layers of personal change and gain awareness of what is most important and needed to make a breakthrough.

What we work on:

- **Personal Story** - What is the current state of your life? What's working and not working?
- **Environments** - What common day-to-day environments are you in? How are you impacted by them mentally, socially, emotionally, and spiritually?

- **Beliefs** - We explore any limiting beliefs that may be creating blocks. What is serving you and what isn't?
- **Values** - What is meaningful and matters to you? Where do you spend time, energy, and money?
- **Roles** - What are the roles that you are wanting to step into or take on? How can we increase your sense of power and effectiveness in those roles?
- **Individual Standards** - What ideas, habits, and or lifestyle practices are you holding yourself accountable to?

\$6K investment

A La Carte

Mission Statement Process - 1 month plus = \$1500

A comprehensive process of creating an empowering personal mission statement

Personal Life Standards - 1 month plus = \$1,000

Identify personal standards around your life: mental, emotional, physical, spiritual and social centers. Get clarity around what's important. Where do you spend your time, energy, and resources? (includes values, goals, and roles)

Intimate Relationship Standards - 1 month plus = \$1,000

What intimate relationship practices can be applied to increase trust, authenticity, courage, and fulfillment in your core relationships?

First Things First - Values, Goals, Roles - 1 month = \$500

Get clarity around what's important - Where do you spend your time, energy, and resources?

STORY - STATE - STRATEGY

AWARENESS - TOOLS - PRACTICE

CLARITY - CONVICTION - COURAGE

SEE IT - FEEL IT - BE IT