

Be your true self and design the life you love!



Program Details

- **3 Months** = 12 weeks of coaching, evaluation, refining strategies, and continuing support
 - Clarifying vision and priorities (with 3 assessments)
 - Developing empowering perspectives (with 7 exercises and 2 meditations)
 - Setting up a new framework for developing goals/desired outcomes (with 1 tool)
 - Creating an action plan/life plan (with 60+ page Playbook)
 - Executing and refining the plan (with on-going support)
- **6 Months** = 24 weeks of coaching, evaluation, refining strategies, and continuing support
 - Overall:
 - Start with the 3 month program as a base and then deepen your learnings
 - For work:
 - Get clear on your best career fit and consistently communicate your value (2 assessments and 4 tools)
 - For love:
 - Break down barriers, evolve to be your best and attract healthier relationships, and gain support for sustained love (3 assessments and 3 tools)
 - Bonuses: Experience 7 additional exercises and tools to supplement the efforts above
 - Executing and refining the plan (with on-going support)

Program & Session Format

For the overall program, we'll schedule 3 sessions per month totaling 9 sessions (for the 3 month program) and 18 sessions (for the 6 month program). Each session lasts 50 minutes long. The format of the sessions is as follows:

- Review client updates (5 – 10 minutes)
- Review assessments/exercises (5 – 10 minutes)
- Confirm a coaching topic and then coach (25 – 30 minutes)
- Wrap up and confirm next steps (5 minutes)

This format invites you to complete any assessments and exercises discussed and practice the coaching concepts in real life. During our sessions, we will explore how we can deepen your learning about your situation and move you toward action...to ultimately achieve your goals and desired outcomes.

Given that life can be unpredictable, this format and the concepts we plan to discuss might need to be modified based on what is occurring in your life. At the beginning of each session, we can discuss the best area to focus on.

Benefits & Take-Aways

Below are the benefits listed in each phase of the process. You'll also see the exact tools you'll receive with each phase.

Phase I - Seeing Your Perfection

Connecting with Your Truth & Best Self

- Uncovering **NEW possibilities** for your life
- Being clear on **what is important to you** (not friends, family, or society)
- Knowing where you want to **focus** in your life
- Understanding what **REALLY** holds you back
- Moving past those blocks
- Feeling **motivated** for the future

What Do You Get:

- Personalized Declarations - to help you move forward in life and dissolve what holds you back
- Identified Natural Talents - to easily leverage into YOUR strengths, minimizing the effort to get what you want
- Strategies for Success - to apply to ALL areas of your life
- Desired Outcomes (i.e., Adventures) - you want to go for, not boring "should do" have tos
- Inspiration – clear set of priorities and vision to keep moving forward and ways to connect with your intuition

Phase II - Seeing the Perfection in Others

Connecting with Others

- Knowing your emotional triggers and processing emotions
- Feeling compassion and learning how to accept others
- Harnessing the power of forgiveness
- Finding inspiration in others and developing structures to support your growth
- Co-creating your life

What Do You Get:

- Equanimity and emotional agility
- New set of empowering beliefs
- 3 Step Process for Compassion
- Exercise for acceptance and forgiveness
- New ways of being to garner emotional support from your tribe

Phase III - Seeing the Perfection in Life

Connecting with Your World & Applying Your Learnings

- Enhancing your emotional well-being from gratitude and self-referral
- Being more present in the moment
- Having empowering responses to what occurs in your life
- Feeling grace and ease at all times - even during awkward or difficult situations

What Do You Get

- A new way to **create results** (so you'll excitedly pursue them)
- A clear Roadmap for **achieving results** for the next year
- A form to set powerful intentions
- Mindfulness exercise
- Simple tool for reflection to move you toward action

Session Breakdown

Pre-work

- Questionnaire
- StrengthsFinder Assessment

Phase I - Seeing Your Perfection

Connecting with Your Truth & Best Self

Session 1

- Understanding your strategies for success
- Identifying what's important to you

Session 2

- Dissolving conditioning from your past
- Making negative beliefs and self-talk easily recognizable

Session 3

- Creating motivation for moving forward
- Developing new language for communicating who you are

Phase II - Seeing the Perfection in Others

Connecting with Others

Session 4

- Taking a closer look at your belief systems
- Knowing your emotional triggers and how to process emotions

Session 5

- Learning radical forgiveness, acceptance, and compassion
- Finding inspiration in others

Session 6

- Creating new structures and environments to support the evolving you
- Connecting with your support system

Phase III - Seeing the Perfection in Life

Connecting with Your World & Applying Your Learnings

Session 7

- Understanding how gratitude and self-referral enhance emotional well-being
- Making and refining requests to tap into your intuition

Session 8

- Developing a framework for desired outcomes you're excited to pursue
- Aligning activities with your values to manifest your desires

Session 9

- Evaluating and Refining Ideal Calendar
- Completion

Bonuses

Phase I – Seeing Your Perfection

Connecting with Your True, Best Self

- Masculine & Feminine Energies (Meditation)
- Storyline of Your Life

Phase II – Seeing the Perfection in Others

Connecting with Others

- Setting Intentions & Transforming Your Energy
- Seeing Your Real Essence & Accepting Others

Phase III – Seeing the Perfection in Life

Connecting with Your World & Applying Your Learnings

- Life Plan & Ideal Days
- My Commitment to ME