

COACHING PROGRAM OPTIONS

<i>PROGRAM</i>	<i>COMPREHENSIVE SELF CARE FOR SUCCESS</i>	<i>SUCCESS WITH SATISFACTION INTENSIVE</i>	<i>SYSTEMS AND STRUCTURE ESSENTIALS</i>
<i>PROGRAM LENGTH</i>	6 months	12 weeks	12 weeks
<i>DESCRIPTION</i>	<p>This original transformative program is popular among clients looking to identify and implement the strategies to support sustainable success with satisfaction at any stage of life and career.</p> <p>You will receive supportive accountability and insights at every step as you establish and maintain the habits that promote long-term personal and professional success and well-being.</p> <p>You will complete the program with the mindset and methods to be comfortable and confident in your new endeavors.</p>	<p>This program is similar to the original comprehensive 6-month program in a more time-condensed format. Popular among clients seeking a structured, systematic approach to implementing strategies for achieving highest priority goals.</p> <p>You will receive supportive accountability and insights as you develop comfort & confidence in decision making around your goals.</p> <p>You will complete the program with a new level of trust in yourself to move forward with clarity of purpose.</p>	<p>This program is popular among clients seeking an effective and efficient way of learning to address new challenges. You will initially focus on your approach to getting your goals achieved.</p> <p>You will receive supportive accountability and insights as you establish a system for identifying and implementing effective strategies.</p> <p>You will complete the program with a clear structure to face new challenges with more ease.</p>

INCLUDED	<ul style="list-style-type: none"> - initial life purpose facilitation & coaching meeting (120 minutes) - seven private 1-to-1 coaching sessions - prn support in between sessions via email or text (24-48 hour response time) - comprehensive toolkit plus additional resources & trainings based on your specific needs - monthly email newsletter 	<ul style="list-style-type: none"> - initial life purpose facilitation meeting (~90 minutes) - five private 1-to-1 coaching sessions - prn support in between sessions via email or text (24-48 hour response time) - fundamental toolkit plus additional resources, tools, & trainings based on your specific needs - monthly email newsletter 	<ul style="list-style-type: none"> - initial life purpose facilitation meeting (~90 minutes) - three private 1-to-1 coaching sessions - prn support in between sessions via email or text (48-72 hour response time) - fundamental toolkit plus additional resources, tools, & trainings based on your specific needs - monthly email newsletter
MEETING NUMBER	8 meetings	6 meetings	4 meetings
MEETING FREQUENCY	~Q 3 weeks	~Q 2 weeks	~Q 3 weeks
COACHING MEETING LENGTH	120 Minutes	90 Minutes	60 Minutes