

CATALYST COACHING

Dedicated, personalized service, tailored specifically to your needs.

I am thrilled you are interested in this service. Are you ready to commit to yourself -- to finally make your dreams and goals a reality? If you have been working on them for a while and something is getting in your way, Catalyst Coaching Services can bring you the clarity you need to move forward to completion. This is my most exclusive -- and favorite -- service. Limited space available annually.

HERE'S THE LOGISTICAL PROCESS:

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Complete the application and return it to me. (Please note that due to the intensive nature of this service, I'm unable to offer this to everyone who submits an application. However, your application does indicate a commitment of interest and if accepted, you will receive an email from me within 48 hours.)

- The application actually begins the transformation process. You may notice the launching of transformational insights as you complete the questions!
- Once I receive your application and confirm availability for our intensive time together, I will send you an email along with payment link. Please pay promptly to secure your spot. The price is \$1,000.00/month and a service contract minimum of six months.
- An initial 90 minute session will be held via Skype. Following sessions will last 60 minutes. Please send your Skype connect request to me at jan.bowen7. If you don't currently have a Skype account, download a free account.

What we'll do together

In six months, your life will look different! These are the steps we'll take together:

1. Our work will begin with an Assessment

The assessment will evaluate current status of body, mind, emotions and spirit to determine what is working for you, what elements are static, and which are blocking. We'll do that through mental, emotional, and spiritual assessments, utilizing certifications in Neuro-linguistic programming as well as experience and certification as a certified life and executive coach.

2. Then we start working to Clear the Blocks

We'll figure out what is holding you back and then develop the action plan to move forward. The areas we'll focus on include:

- Understanding yourself and your life purpose
- Your values and strengths
- Current vision and dreams
- Existing strategies
- Watch your mouth: what language are you using?
- Building the vision you choose
- How to create it

3. Action Plan

The strategies and tools we find effective in not only clearing your blocks but in moving you to the next step will form your Action Plan. You'll also develop a ToolKit (Template of Alignment) for continued growth and support.

We'll meet via Skype, or if prearranged, in person 2 times per month for 1 hour. You'll be supported in between those sessions via email.

The reflection and action steps you'll be taking will catapult you forward. At the end of our six months together you will have

- an awareness of what was formerly holding you back
- how to move past those blocks
- strategies to move through habitual patterns that stall you
- knowledge of your values, strengths, and purpose
- confidence in your direction
- an action plan
- a Toolkit of resources to support you

Monthly coaching sessions (60 minutes), initial Assessment via application, worksheets & documents

PRICE:

- \$1000 per month (\$6,000.00)

Optional services available:

Physical assessment using biomechanical approach learned in Balanced Body Pilates & Integrative Yoga Therapeutics.

Life is about integration. We aren't work and we aren't just leisure. We are everything in our life. Who and what we are needs to combine to represent us. That's living in integrity, and that comes from living in clarity.