

# TRANSFORMATION 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, this coaching package can bring you the clarity you need to move forward to completion. Limited space available annually.

## HERE'S THE LOGISTICAL PROCESS:

Complete the application and return it to me. 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 with a service contract minimum of six months. While you are likely to notice change at the beginning of your process, lasting change takes time and is not a straight route. That's why I ask for six months minimum – to see and celebrate your results.

An initial 60 - 90 minute session will be held via Zoom. Following sessions will last 60 minutes.

## **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 my experience and certifications as a certified life and executive coach.

This allows us to establish a foundation. What are your values, your strengths – and ultimately, your vision?

## 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. Mindset is powerful and can be a force to create or destroy. Let's make sure it's working in the way you'd like.

The areas we'll focus on include:

- Understanding yourself and your life purpose
- Your values and strengths
- Current vision and dreams
- Existing strategies
- What language are you using?
- Building the vision you choose
- Creating a world that works for you

## 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 Zoom, or if prearranged, in person twice each 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

- a foundation from which to operate (values, strengths, purpose)
- an awareness of what was formerly holding you back
- strategies to navigate past those blocks – mindset tools
- strategies to move through habitual patterns of sabotage
- conviction in your values, strengths, and purpose
- confidence in your direction

- an Action Plan
- a Toolkit of resources to support you

48 hours individual hours coaching, Assessments, Worksheets, Resources, ongoing email support included

**PRICE: \$6,000**

Optional services available:

Physical assessment using biomechanical approach certified via Balanced Body Pilates & Integrative Yoga Therapeutics, energy clearing, and meditation instruction. Please inquire.

