

To master your behavior and surroundings

Helps you practice to have clarity in what you do, who you are with, **by being able to handle conflicts, resistance, diversity and feelings.**

Above all to know how - What you think work in the real world.

ME

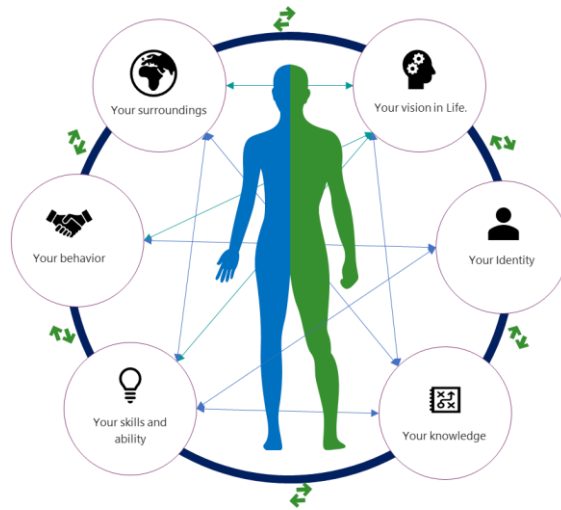
Main Energy

Focus on behavior and surroundings

How you feel, where you are

♠ Here is what you get and commit to ♥

♠ ME-MEMBER ♥



- Your mentor group
- 12 in your team, where you unite to support and guide each other
- Virtual Call every week with a coach present
- Mentoring Group – ask and get answers
- Every 12 weeks you get priority getting your questions answered.

How to sign up

Your steps To Join

- Go to sign up and choose the ME-MEMBER**
- Purchase, you are now a member**
- Your Onboarding information and schedules will be sent to your e-mail**
- Personal onboarding**

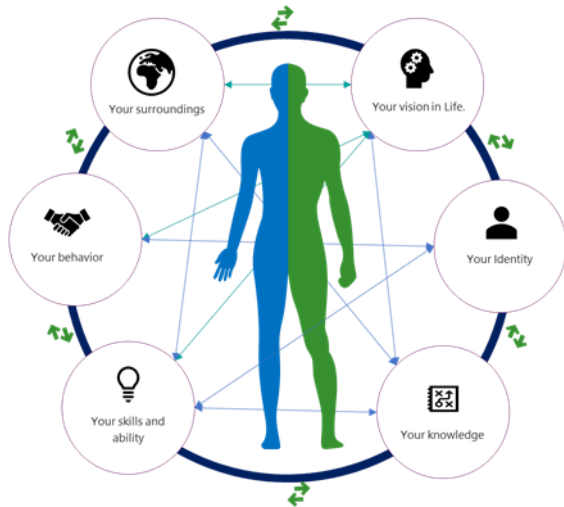
Commitment is everything...

Therefore we offer you to
sign a contract with and for yourself....

Members on contract

You can sign a contract with and for yourself for clarity and commitment.

♠ ME-MEMBER ♥



- Use your contract every week
- Join a group of 12 where you unite to support and guide each other
- Virtual Call every week with a coach present
- Mentoring Group – ask and get answers from coaches
- Every 12 weeks you get priority getting your questions answered.

♠ Your steps To Join ♣

- Print the contract and fill it out.
- Choose your membership and purchase
- Send a copy of your contract to cal@coachingandlife.com
- Onboarding information and schedules will be sent to your e-mail

♠ **Your clarity and benefits** ♥

Your clarity and benefits

- Increasing effectiveness
- Sorting through challenges; a place to think out loud
- Becoming a better listener
- Clarifying expectations
- Being seen as a
- Staying focused and relaxed while managing
- Improving your leadership skills
- Becoming a better listener
- Balancing work and family
- Understanding and working through cultural differences
- Clarifying expectations between team members and with management
- Being seen as a team player
- Clarifying expectations between team members and with management
- Being seen as a team player
- Working through self imposed restraints
- Health
- Family
- Friends

IF you have any Questions

♠ **Ask** ♥