

## What to Expect from Life Coaching?

It will free your mind from stress and worries. You align your inner intention with what is happening around you.

- Your first coaching session will look to gain an overall perspective of your life, and then you identify areas to improve or that you are currently unhappy with.
- You will agree goals and outcome with your life coach during the sessions, and they will be broken down into achievable objectives. From your Gap analysis you will decide steps forward together
- You will learn techniques during your sessions on how to proceed and go forward with what is right for you. From session to session you will upgrade yourself and soon you will fly off. Your self-worth and self-esteem will guide you.

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**Between session** you have the Affirmation tool to keep you on track and trace where you are going. To your support you can access the Forums to receive the support and guidance to proceed and hold on. From the forum you get the ability and drive to keep focus and hold on to make the change happen.

**Your life coach will facilitate** they changes you are doing and the way you see and feel what is happening around you.

The inner work you do to understand yourself, and the impact it has on your doings will give you the result you want to achieve and outcome.

Over time you will find the alignment between yourself and everything around you.

You will feel the power of who you are, and you will be aware of your own influence

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Your alteration of thoughts, the process combined with the desire to change your challenges will allow you to ultimately achieve your goals.



COACHING AND LIFE

MEMBERSHIP  
COACHING  
PROGRAM

**Empower**  
**Strengthen**  
**Commit**  
**Control**  
**Support**  
**Trust**  
**Accountable**  
**Happy**  
**Love**  
**Family**  
**Health**  
**Friend**  
**Kids**  
**ME**