

COACHING AND LIFE
CREATE YOUR WAY



COACHINGANDLIFE

PROGRAM - TRANSFORMATION



Instant Stress Relief

PROGRAM: Feeling good where ever you are.

PROGRAM SUMMARY

Instant stress relief program helps if you are struggling to understand why you get yourself into situation where you do not feel good, at work tasks always ends up with you, at home you get into a fight almost when you enter the door. Even though you said to yourself >> not today.

- Understand where you made wrong turns
- Overcome stress, fear, and anxiety which you associated with career change and or growing a business.
- Feel good, empowered, and energized by creating good habits even when time is limited.
- Create stands, feel good and achieve your happiness and fulfillment in life.

OUTCOMES

This program includes experiential adventures combined with individual and group coaching which help accelerate your path to achieving what you want – how you want to feel.

- Onboarding: Quick Start Session and Impact Assessment
Coaching Strategy Sessions (2 hour)
 - 1: on :1 – Instant Stress Relief
 - Understanding your stress response.

- 1: Impact – Get Started Make The Map and Mission Alignment

Coaching (Month 1)
 - Calling – What is your role?
 - Why – Reaching your goals exponentially faster.Experiential Learning Activity – 3 cases

- 2: Conquer – Rise as who you are; Perseverance and Belief
Coaching (Month 2)
 - Commitment – Understanding the value of commitment.
 - Endurance – Overcoming obstacles and reaching the finish line.Experiential Learning Activity – Endurance Race



- 3: Live – Feel free on a daily basis and overcoming Fear Coaching (Month 3)
 - End – Creating a vision for the future.
 - Fear – Overcoming fear, procrastination, and limiting beliefs.Experiential Learning Activity – Skydive

- 4: The belief – How you lead yourself forward Coaching (Month 4)
 - Understanding self-leadership and extreme ownership.
 - Find inspiration.Experiential Learning Activity – 4 cases

PROGRAM INCLUDES

- Quick Start Strategy Session
- Program Guides
- 1: on :1 and Group Coaching
- Assessment
- Tools and forums
- Feedback