

The Coaching Experience



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Orientation

Become familiar with what coaching is, how it works, and what it can offer you.



Think it Through

Give some thought to what your ideal life might look like.



Schedule a Discovery Consultation

Meet with the coach to get your questions answered and to see if its a good fit.



Kick Start Your journey

Sign up for your coaching foundation sessions. Get started on your new journey.



Take the Deep Dive

Now that you know what the territory looks like, it's time to create your own path through the wilderness.



Reach Your Goals

With helpful support and resources, you can reach your goals and create your ideal life.



Maintain Your Change

Coaching teaches you how to maintain your new lifestyle. Joining the coaching group provides support and accountability to keep you on track.

