

# Life Path Coaching & Guidance

## Our Flow

### 1: Complimentary chemistry call

First 30-minute, get-acquainted session includes:

- Brief review of your needs, schedule, frequency, timing of sessions & budget in order to create our coaching agreement
- Overall result(s) desired
- Qualities desired in your coach
- Coaching expectations
- Your questions

### 3: Initial session

Over the course of 1 hour, we will discuss:

- The Wheel of Life (see below)
- The 3 main Wheel of Life areas for coaching for the first quarter and 3 intentions for each
- Your Big Dream
- Specific questions you have about the coaching process
- Coaching on a specific topic (time permitting)
- Intentions and commitments for next session

### 5: Quarterly reviews include:

- Discuss progress on quarterly intentions and Big Dream
- Celebrate successes
- Give coach personal feedback, feedback on coaching process and any changes you'd like to make
- Choose 3 Wheel of Life Areas for next quarter
- Set 3 new intentions in each area

### 2: Preparation for sessions

Your commitment to preparing for your sessions will have a big impact on the results you achieve, including:

- Completion of your Initial, Regular & Quarterly Coaching Playsheets
- Successful completion your intentions and commitments (or re-committing de-committing)
- Showing up on-time for your sessions

### 4: Regular sessions

These 45-60 minute sessions include:

- Follow-up and accountability to your previous intentions and commitments
- Celebrate your successes
- Specific result(s) desired
- Coaching in 1 or 2 life areas
- Set new intentions/commitments and date for next session

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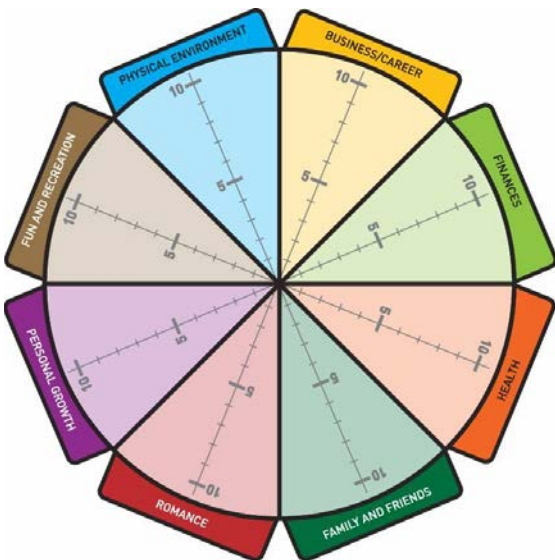
For more information or to register:

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## Wheel of Life

We will discuss the primary Wheel of Life areas (*during initial session*) and choose 3 that require more balance to focus on each quarter (3 month period).



### Areas include:

- Spirituality/religion
- Relationships (primary/family/friends)
- Self-care (health/fitness/well-being)
- Self-mastery/education/training
- Recreation/celebration
- Right livelihood/career
- Finances (income/money management/financial freedom)
- Social & friendships
- Home care/projects
- Hobbies & interests
- Big Dream (mission/vision/passion)
- Community/service

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