



COACHING

Coaching helps individuals reach their goals and overcome obstacles. We will identify areas of improvement and develop strategies for growth together. Whether it's career advancement, personal relationships, or finding fulfillment coaching services can help individuals unlock their full potential in a positive and collaborative environment.

**Have you considered a coach?
Start living your best life by taking this step!**



Here to Assist You in Your Transformation Journey

Coaching is to guide you in embarking on a journey of self-discovery. Unleash your creativity and competence just waiting to be discovered. Dive into self-reflection for personal growth and fulfillment.

Angie has been coaching for over 13 years and promises to provide a secure and nurturing environment where you can engage with her as a thought partner toward your best self and your vision for what you want from life.

Typical Engagement

- One 45-minute discovery session.
- Four one-hour sessions every 3 or 4 weeks.

Areas of Focus

- Bring 1 or 2 focus areas for coaching.
- Your discovery session with your coach can help identify these.
- Focus areas set coaching agreement objectives.

First Session: Discovery

- Start your journey with this free coaching session to learn more about our approach and see how it can ignite change in your life.
- If you're ready for more, we will schedule the additional four sessions to help you reach your goals.

Tips for getting the most out of coaching experience:

Begin with clear objectives. A coach can help you clarify your goals if you're unsure.

Be open to self-discovery. Your coach can guide you towards a deeper understanding of yourself.

Embrace unconventional approaches. Coaching involves exploring new possibilities and reshaping your life.

Take a holistic approach to your coaching. Your coach will help you achieve your objectives while keeping in mind your overall well-being.

Remember to take care of yourself. Coaching requires energy and focus, so make sure to take care of yourself between sessions.

Cost

**Free
Initial Discovery
plus 4 sessions for \$1,000
additional session(s) \$200 each**