



**COURAGEOUS  
DESTINATION**  
SHERYL BIRD | LIFE COACH

# Be courageous. Live without limits.

Learn how to live with courage, conviction  
and confidence to achieve your goals.



## Welcome to Courageous Destination Coaching!

I'm Sheryl Bird, your Chief Courage Officer and Life Coach. Together, one-on-one, I will help you develop your ability to articulate – and achieve – your future vision; advocate for yourself to achieve success; and improve your decision-making

to gain personal freedom. You will expand your self-awareness, connect to your purpose, and develop your personal brand to increase your impact.

As your coach, I will ask questions from a place of curiosity to encourage learning and growth. I will help you reframe your thoughts, shift your perspectives, and redefine yourself and your situations. By establishing a safe space for you to fully express yourself, we will co-create a process for change that will empower you to move beyond your fears, inherited beliefs, and limiting assumptions.

Together, we will follow a simple plan (below) to figure out what's holding you back, create meaningful options, and navigate your choices with confidence and conviction, one courageous step at a time.

Be courageous today!

1

### INNER WORLD

We'll discuss your beliefs, your mindset, and your narrative. This critical step will help you navigate the stories you have been telling yourself that prevent you from making the next part of your life the best part of your life.

2

### DESIGN THE FUTURE

We'll explore your dreams, strengths, and values. We'll get crystal clear on your vision, ensuring your values are aligned with your choices and next steps. And we'll partner to create YOUR story.

3

### EXECUTE

We'll determine the specific actions you will need to take to reach your goals; and we'll identify the skills you will need along the way to achieve lasting change.

## What is Coaching?

Coaches are partners, co-creators and champions for our clients.

Coaching is a thought-provoking and creative partnership that will inspire you to maximize your personal and professional potential, often unlocking previously untapped sources of imagination, productivity and leadership.

As equal partners, we will co-create while engaging in strategic evaluation, feedback, support, and checking in as you move from thoughts to action.

## Coaching Outcomes

- Future visioning
- Goal achievement
- Mental clarity
- Hopeful life outlook

**Contact us to  
set up a free  
Discovery Call!**

courageousdestination@gmail.com