



Adjoa Sehket Lisa Marie Jean-Pierre

Lifestyle and weight management

COURSE SYLLABUS



Welcome to your new beginning!

W/ LISA MARIE JEAN-PIERRE

Adjoa Sehket Lisa Marie Jean-Pierre





Adjoa Sehkmnet Lisa Marie Jean-Pierre



I am Lifestyle Concierge

And all that really really means is I support people in those areas that are personal to them to create transformation, and change from as little as virtual support to hands on business development

I am Licensed & Certified in :

I am a Certified Lifestyle & Weight Management Specialist coaching BIPOC's to bring balance to their lives. I'm also Certified in Social Media Marketing and Business Management & Development
Licensed Facial Specialist

I am passionate about all things related to healing

And I focus primarily on working with those that are ready and willing to do the hard work. It takes to HEAL!

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Course Details

W/ LISA MARIE JEAN-PIERRE



5 month duration

This course is offered online and includes portions that will be done via video, as well as one on one calls on zoom or a preferred contact method

26 modules

Each module is a short video, and that covers what we will discuss one on one together during our coaching calls there are questions that will be included after each module is completed



General Description

this course is for your lifestyle and weight management transformation in the areas that you are struggling with in which you need support because you can no longer do it alone the program supports you in being transparent with yourself and dealing with the hard areas you have not been able to overcome

Prerequisites

There are no prerequisites to participate in this course only you're willingness and readiness to do the work necessary to transform your life and receive your own personal healing

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Course Overview

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Course Objectives

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Objective 1

To gain clarity on what your challenges have been up until this point to identify what it is, you really want to work through

Objective 2

To set the intention on being consistent and disciplined to do the work that is necessary beyond this course for your lifestyle and weight management transformation

Objective 3

To utilize the tools provided to you within this course, as well as during our one on one sessions to manifest the best in all areas of your life

Course Policies

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Attendance

There is no required attendance for completing the modules, but you are required to meet during our one on one sessions to complete your program

Communication Mandatories

If there any changes to you completing this course or connecting with me during our one-on-one sessions, communication is your responsibility to let me know

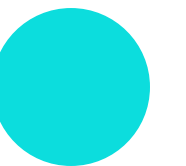
Use of Electronic Devices

You will require access to the Internet as well as access to zoom platform Google meets or any other platform that is a virtual conferencing application.



Required Books and References

All coursework or related readings and
materials are included on the course
page below all of the videos



Contact Me

GET IN TOUCH WITH ME THE
BEST WAY YOU CAN!

Phone Number

561-331-3044

Email Address

Lisamjeanpierre@gmail.com

Consultation Hours

By
Appointment
only

