



Coach Vanessa

THE PINK METHODTM

Practical coaching for navigating change through
clarity, confidence and self-leadership

WHAT IS THE PINK METHODTM

The PINK MethodTM is an 8-week coaching framework designed to help you move forward with intention, take aligned action, and trust yourself through change.

HOW THE PROGRAM WORKS

- 8-week guided coaching experience
- Working workbook used throughout the program
- Practical tools for decisions and follow-through
- Focus on real-life application

PURPOSE

Clarifying what matters in this season

INTENTION

Choosing how you move forward

NOW

Turning insight into action

KONFIDENCE

Building self-trust through follow-through

CHOOSE YOUR CONFIDENCE BUILDER PATHWAY

The PINK MethodTM is personalized through focused work in one Confidence Builder Pathway. Each pathway is designed to meet you where you are and address the area where confidence most needs to be built right now. You will choose the pathway that best reflects your current challenge and we will use the PINK framework to support clarity, action and follow-through within that focus. Pathways include:

- **Boundary Pathway:** For those who struggle with overgiving, overcommitting, or protecting their time and energy.
- **Voice Pathway:** For those who hold back, minimize their needs, or want to communicate more clearly and directly.
- **Decision Pathway:** For those who feel stuck, overthink choices, or want to trust themselves to decide and act.
- **Visibility Pathway:** For those who hesitate to be seen, share their perspective, or step forward consistently.
- **Relationship Pathway:** For those navigating tension, unspoken needs, or challenging conversations in relationships.
- **Self-Trust Pathway:** For those rebuilding consistency, follow-through and confidence in themselves.

Start with a complimentary discovery call to explore if this approach is right for you. Scan the QR Code to schedule your call today.

