



**INSPIRED TO ACTION**

**Your 5- Coaching Session Course “Flight Plan To Well Being”  
Develop High Performance Habits that will transform your career  
and family life.**

**The Power Of Intention**

**This course is intended for mothers of children with special needs.**

**Join Lourdes Zarro-CEO Lz Coaching Group for a course in high  
performance habits and well being.**



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Here’s an outline of what will be covered  
in your 5 LZ Coaching Sessions.

The plan is by session 5 you will have an  
understanding of the High Performance  
Habits that will change your life and  
enhance your wellbeing.

There will be ‘Action-Steps’ after each  
session that must be done in order to  
proceed to your next Session.

This is to make sure you fulfill the intention of the next session - and the Coaching program as a whole.

So give your 'Action-Steps' 100% to help ensure you are on your way to understanding how to attain a sense of wellness in the midst of challenging situations.

### **Coaching Session 1 – Clarity**

You and your Coach will explore the 8 areas of your life and identify which area to begin to work on.

### **Coaching Session 2 – Energy**

You and your Coach will access the components that will bring you joy and raise energy therefore impacting your performance.

### **Coaching Session 3 – Resilience**

You and Your Coach will explore limiting beliefs and discuss strategies to build resilience.

### **Coaching Session 4 - Courage**

You will explore the behaviors needed to take charge of new situations that arise. Harnessing the power of the outdoors. The neuroscience behind intention and wellness.

### **Coaching Session 5 – Bringing it all together**

You and your coach will work one to one to develop an individualized plan of wellness. VIP session with Lourdes Zarro.

Due to the individualized attention that you will receive, this course is designed for no more than 10 participants. The first four sessions are live group sessions be via Zoom.

Session 5 is individualized to your needs. This is a one to one online live session with each client. VIP session with Lourdes Zarro

This live online course fee is \$600.00. This includes four 50 minute live group sessions via Zoom and and one individualized private 50 minute session with the coach.

Registration is required. Class will meet once a week on Tuesdays at 6:00 P.M. beginning July 5th through July 26th. The fifth session will be scheduled on an individual basis.

Celebrate!

Registration is required. If interested, please email me at [lzarro50@yahoo.com](mailto:lzarro50@yahoo.com)

<https://lzcoachinggroup.com>