

# KISS PACKAGE

**This is Fiona's 'Keep It Simple Sweetheart' straight-forward 3 session coaching package for those who have identified goal they wish to achieve but need a bit of butt kicking, accountability and practical strategies to get them on track and build momentum.**

## **Contents:**

1. 3 x 90 minute sessions face-to-face / skype with Fiona
2. Personalised program specifically designed for you
3. Coaching plan developed, typed and monitored
4. Up to 2 free phone calls between sessions if required
6. Money Back Guarantee if not happy with progress by session 1

## **What Will Happen in My Coaching? Here is an example:**

Before every coaching session, you will complete a coaching plan which will ask you about your accomplishments and challenges since your last appointment and your objectives for the coming session.

In this plan you will:

- Highlight your accomplishments and successes since the last session.
- Document any challenges that you have faced.
- Identify your priorities and focus for the upcoming session.

We will use this plan to keep you on track, keep the big picture in mind, and keep you motivated and moving toward your goals. You'll submit the plan before your each session. Then at the start of your session we can track your progress on your goals together, and review what you achieved since the last life coaching session.

At each session I will ask you powerful questions and together we will explore the issues that may be preventing you from achieving your goal, such as:

- How to get out of a stuck space (rut) and start seeing the issue you are facing from a different perspective.
- How to work on your soft spots and further develop your positive attributes.
- Finding more balance in all areas of your life.
- Identifying what your motivations are and how to become more proactive.
- Gain an understanding and get clarity regarding the obstacles in front of you, including how to overcome them.

- Energising yourself so as not to 'run out of puff' on the way to achieving your goals.
- How to develop discipline and overcome bad habits.
- The importance of having a mission and passion.

Together we will come up with an action plan on what needs to be done or overcome. We will look together toward the coming week and set out what you will accomplish and achieve before the next session. After your session you will create a follow-up from your session that summarises what you have agreed to do. This creates accountability and motivation to keep you moving toward your goals.

**Book a Free Discovery Session with Fiona below to discuss what might be best for you in terms of your needs. Or email Fiona at [fiona@youtopiawellbeing.com.au](mailto:fiona@youtopiawellbeing.com.au)**