



**REVISIONS LLC**  
INSPIRING CHANGE FOR A BALANCED AND  
REVISED LIFE  
757-447-49031  
REVISIONS4YOU@GMAIL.COM

Hello Valued Client,

Welcome! I feel privileged you have chosen Revisions to be alongside you as you work to build a life filled with purpose and fulfillment.

Here at Revisions, we help you identify the areas in which you need support and together we will create an action plan. As you work through this plan, we will support you and we will explore strategies and techniques that will help you achieve your goals. That said, our job is not to tell you what to do. Instead, we will help you examine the things in your life that are important and draw out what you need to develop further. Throughout the whole process, you are in complete control.

In order for our coaching process to be successful, we ask that you commit fully even when you feel challenged. In return, we promise to provide a safe, confidential and supportive environment where you can express yourself fully.

Before our first session together, we'd appreciate if you could do the following tasks:

- **Read and sign Coaching Agreement**
- **Complete the Intake form**
- **Answer the questionnaires**

Additionally, there are exercises in this welcome pack to help identify your goals. You might like to try the *Wheel of Life* activity as this is a great starting point for evaluating your life. You can then use the SMART goal worksheet to create clear, measurable goals which we can use a starting point in our first session.

Please feel free to contact me with any questions.

Thank you for choosing me to guide you through your coaching experience. Throughout the process, I'm here if you have any questions. You can now look forward to uncovering your unique strengths and talents and building a purposeful, contented life.

Well wishes,

*LaTonya Grant*

# WHAT IS COACHING?



Coaching helps you to understand yourself more deeply, and live with greater purpose and fulfillment.

During our coaching sessions, we will work as your partner, helping you to set goals and develop action steps and programs to achieve them. Together, we will create a customized plan to make your goals achievable. Each week we will review progress towards these goals.

As your coach, we are not here to give advice or tell you what to do. Instead, through careful questioning and at times, building discrepancies, we will go deep into conversation and help you examine the things in your life that are important to you. From there we can draw out what it is that you need to do to develop further.

Working closely together, we will support and encourage you as well as provide a safe space where you can overcome challenges and obstacles. Our main aim is that this coaching experience will transform the way you look at life.

So, we won't solve your problems for you but instead, guide you to work out your own solutions and help you to build resilience so that you can face challenges in the future. Throughout the process you'll be in control of the direction and focus that sessions take.

I'm looking forward very much to working with you.

*LaTonya Grant*





# OUR COACHING PHILOSOPHY

Revisions LLC believes in the process of change for the improvement of others' lives. Our goal is to empower you to embark on a journey that brings fulfillment to your life and a greater sense of self. With extensive experience in facilitating a mechanism of change for others and a vast history of client success, our individualized strategic approach will aid you in obtaining your goals.