


welcome


TO COACHING WITH RAQUELLE



Email: r.williams@llfcoaching.org

Cell: 206.314.1114

 @williamsraquelle

 @raquelle.williams-7



what to expect

what you can expect from me

- Show up focused and ready to dive in
- Be there for all of you
- Complete confidentiality
- A safe space to share all of you
- Be a friend who genuinely wants you to succeed

what I expect from you

- Show up focused and ready to dive in
- Come ready to work
- Show up prepared
- Keep an open mind
- Be kind to yourself and allow space for your growth



YOU GET BACK
WHAT YOU
PUT IN



about me

RAQUELLE WILLIAMS

Married, Divorced, and Single mom. I have dated, had my heartbroken, and broken some hearts along the way.

Over the years, I have noticed that friends and family members always seem to come to me with life challenges. I gave them tips and techniques to help them achieve their goals and, I really enjoyed watching them grow and have a higher quality of life. It really warmed my heart knowing that they used my techniques.

I have been blessed to live long enough to appreciate what life has to offer. A few years, I decided to get certification in Dating Relationships and Professional Life Coaching.

I can say it was the best decision I have ever made! I love helping my clients discover their inner voice and become the best version of themselves.

Thank you for allowing me to walk with you on this new and exciting journey!

xo,
Raquelle Williams



how to get in touch with me

WHAT'S INCLUDED

Monthly:

- 60-minute one-on-one (11) sessions.
- (2) 15-minute check-ins if needed.

HOW TO REACH ME

Email: r.williams@llfcoaching.org

Cell: 206.314.1114

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5 *tips* for getting the most out of our time together

Put your all into each session. With coaching, you generally get back the results and the energetic match for what you put into your coaching. To get the most out of our time together, show up ready to work.

1

2

Keep an open mind. You are here for growth. You must allow yourself space to grow. In order to grow, you have to clear space in your mind for new ideas and new ways of being and living.

Show up prepared. If I send a check-in sheet, please complete it prior to our session so I'm fully aware of your current state and what you'd like to focus on. Have a pen and paper ready to record any important insights or notes.

3

4

Do the work. If we talk about action steps for you to take between sessions, do your best to complete these action steps. I cannot step in and do the work for you. I am your guide, but you must do the heavy lifting.

Know this is a safe space for you to speak openly and honestly in confidentiality. No area is off limits. I understand that life is multi-faceted and what happens in one area of our life can easily effect multiple areas. I am here for all of you!

5

coaching calls & policies

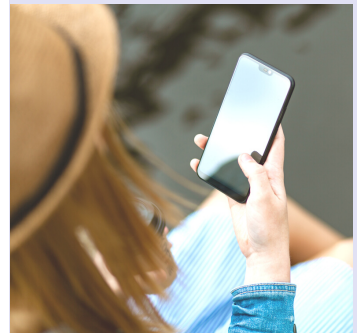
Missed Call and Late Policy

My time is valuable and so is yours. If you are late for your call, barring a documented medical or family emergency, you will lose that time.

If you are a no-show for our call, you will still be charged in full. When you book a call with me, I commit that time to you which affects how I am able to serve my other clients. I commit my time to you and expect you to do the same for me.

Refund Policy

When you buy a package with me, I commit to having enough time available to serve you which, in turn, affects how many clients I am able to take on. I consider your purchase of a coaching package with me your agreement to honor both your financial and time commitments. For these reasons, I do not provide refunds.



coaching call outline

What to expect at each our our coaching sessions:



Timeline

SESSION 1

- Discovery Call
- Outline what goals that need to be achieved
- Worksheet of How to "Declutter the Mind"
- What Are you Tolerating?
- Wins and Celebrations

Session 1



SESSION 2

- The Value of Self Care
- Time Management
- Motivation Tips & Techniques
- Financial Goals

Session 2



SESSION 3

- Continuation of Month 2
- TBA
- Wins and Celebrations!

Session 3



SESSION 4

- Review and Re-evaluate Time Management, Motivation, and Financial goals
- Introduction to Positive Habits
- TBA

Session 4



Client Checklist:

What to expect throughout our our coaching sessions:

TOPICS WE CAN TALK ABOUT:

- Personal Growth & Direction
- Gratitude
- Values Alignment
- Passion Rediscovery
- Confidence
- Decision Making
- Motivation
- Personal Branding
- Establishing Priorities
- Successes & Accomplishments
- Goal Setting
- Personal Overwhelm
- Expectations
- Expectations
- Time Management & Focus
- Skills Acquisition
- Relationships
- Boundaries
- Self Awareness
- Habits & Routines
- Communication
- Problem solving
- Overcoming Challenges

YES, THERE IS HOMEWORK:

The clients who see the quickest and most effective improvement are those who do their homework.

Sometimes the homework is filling out worksheets that will help you identify your needs better and other times the homework may be focusing on your thoughts and feelings throughout the week until our next meeting. Whatever it may be, I ask that you really try to do it. Remember, this investment is for YOU!

**CHANGE.
IT CAN BE RISKY.
IT CAN BE DIFFICULT.
IT CAN ALSO BE
BEAUTIFUL.
AND IT WILL ALWAYS
SHOW YOU MORE OF
YOURSELF.**

Resources

EXAMPLE ONLY

Where to find additional important information.

WHEN YOUR COACHING SESSIONS WILL BE:

TUESDAY'S @ 2:00PM

FEBRUARY - APRIL 2021

Your check-ins will be when I feel they are needed. You are more than welcome to reach out to me if you need a check-in before I take action. Shoot me a text and I will respond to you as soon as I can.

WHERE WE MEET FOR SESSIONS:

We meet over the video live streaming app, Zoom. Zoom is a free app and you can download it here:

<https://zoom.us/download>

All you need to do is type in the code to join a meeting at our scheduled time. You will need to wait for me to allow you in the meeting.

Our Zoom meeting ID is:

123 456 7890

Or We will have a scheduled Phone Call: **(800) 403-4149**

Call Notes


WHAT ARE YOU HOPING TO GET OUT OF THIS CALL:



QUESTIONS FOR COACH:

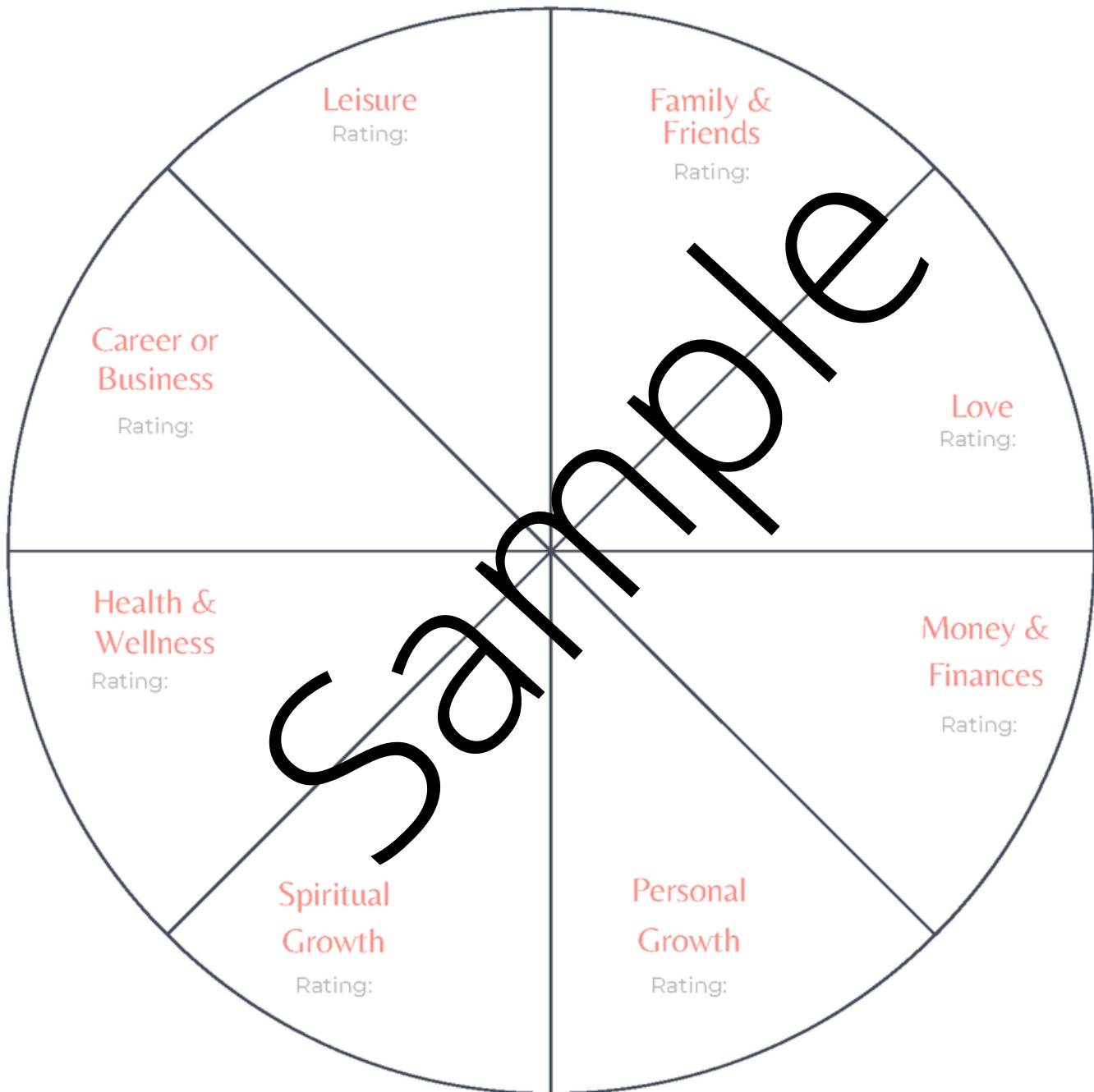


WHAT I'M GOING TO WORK ON BETWEEN NOW AND OUR NEXT SESSION



WHERE YOU ARE NOW

Starting from the centre, colour in the blocks on the wheel to indicate how satisfied you are with each area of your life. There are 8 blocks in total with the centre being number one.



Which Area Do You Want to FOCUS ON?

DREAM JOURNAL

DATE

What happened? (Was it a nightmare or fantasy etc.)

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.....

.....

.....

SKETCH

My Emotions

.....

.....

.....

People In The Dream

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.....

.....

Quality of Sleep

.....

.....

.....

My Interpretation

PAST. PRESENT. FUTURE DREAMS

Identify **past** dreams that no longer serve you, **future** dreams that are not relevant yet, and **present** dreams you want to manifest right now.

Past

Present

Future

SAMPLE

MIRROR WORK METHOD

Mirror work is a powerful method of manifesting your desires. The main objective is to say affirmations out loud to your reflection in the mirror. Use any of the following affirmations or choose your own.

WRITE DOWN YOUR AFFIRMATIONS:

SAMPLE

Tip: Bring images with you to look at and visualize while you do mirror work.

WHAT DO YOU WANT TO MANIFEST?

Write down what you want to manifest in these areas.

Career

Money

Home and
Family

Love

Life

SELF LOVE WORKSHEET

Finish the sentence inside each balloon to tell about things you love about yourself.

I've been told I have pretty...

I'm loved by...

People compliment me about...

I feel good when...

I am good at...

I LOVE MYSELF



*People who wonder if the
glass is half empty or full
miss the point. The glass is
refillable*

ANNA SWAN



FAQ

ANSWERS TO THE MOST COMMONLY ASKED QUESTIONS

WHAT KIND OF TRANSFORMATION CAN I EXPECT FROM DOING THIS PROGRAM?

Honestly, that depends on you. The possibilities are endless. This is why we begin with a thorough assessment of your current situation and create a plan of action together.

Think of it like this: you're in the driver's seat, and I'm in the passenger's seat holding the map to lead you back on to the desired route, and your BFFs are in the back seat singing. But ultimately, you're in charge. We're here to make sure that you get to your destination without running out of gas in the middle of nowhere – and that you aren't ever stranded alone.

WHY 11 SESSIONS?

Because real transformation takes time, even though it can be tempting to take shortcuts, the truth is: there are no shortcuts.

If you are looking for the "6-figures in 6 days" blueprint or the "lose 50 pounds overnight" program, you are in the wrong place.

This program is for people who know that the real secret to success is focus, persistence, intention, and action.

I will be personally supporting you to ensure that you get what you came for. I know what it's like to get overwhelmed or discouraged when trying to make progress in your life. When those inevitable roadblocks come up, we celebrate and obliterate them because that's exactly where the gold is. I'm here to turn those 'growing pains' are 'growing gains' instead.

You know those days where self-doubt creeps in, and you think, "Maybe I'm not ready for this. Maybe I'm not good enough yet. Why can't I ever follow through on my goals? No one will know or care if I _____, so I'll do it another day."? Well, now you have a team of people who do care and always have your back so that you can kiss those paralyzing thoughts goodbye.

There are many ways to access me personally throughout the program, so you don't have to worry about dealing with a crisis alone. I'm always available to help you through these.



FAQ

ANSWERS TO THE MOST COMMONLY ASKED QUESTIONS

I'VE TRIED SO MANY THINGS BUT THEY NEVER SEEM TO WORK. I FEEL LIKE THIS IS JUST GOING TO BE ANOTHER DIGITAL THING COLLECTING DUST.

I know this feeling well. This is exactly why I created this course. After spending a lot of time, energy, and spinning my wheels and not gaining traction, I knew that something was wrong. The pivotal moment happened when I took an honest look within myself. This is where the healing began and things finally clicked into place.

What I learned in this process is exactly what I'm guiding you through in this personalized program. Each person has their own set of goals and things they would like to change. The cookie-cutter coaching programs seemed too cold and mechanical.

Because I was willing to prioritize this transformation, all those things that I was struggling to make happen before were now coming together so easily. It was almost comical, the stark difference this made – and I owe so much of it to my innermost circle of trusted confidants.

WHAT IF I CANNOT AFFORD IT?

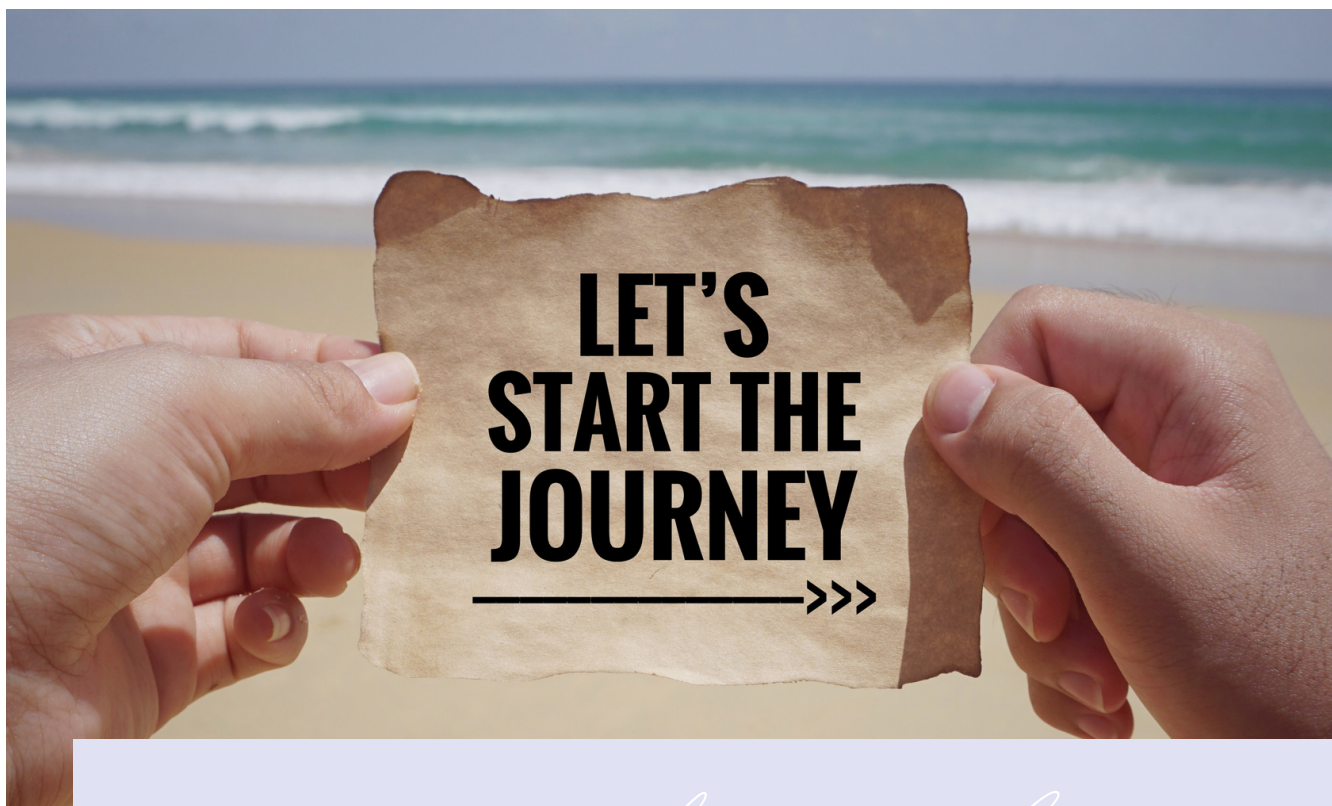
I hear you. I know what it's like to have to turn down programs that you know will help you bring in more money, and it's frustrating. I don't want that for you.

Speaking from personal experience, I know that I've used money as an excuse to stay small and comfortable because I was scared. Instead of dealing with the fear underneath, I just kept myself stuck.

Here's a good way to check in with yourself: if finances were not in the way, would you sign up? If you answered "no," or "maybe," then there's a different reason for your hesitation.

Remember, the whole point of this program is to help you create more time and energy for the things that you desire most. Productivity and focus without the struggle. I know that you can do it. I help make it easy.

We can also make other arrangements. Please email me directly: r.williams@letloveflow2u.com or call (206) 941-7096.



join the Circle

The juicy details:

- You are not in this Alone!!
- Monthly/Weekly 1 Hour one-on-one Coaching Sessions
- Unlimited Support Material access
- Welcome to the new and exciting chapter in your life
- Facebook Support Group

This is for you if you want:

- Clarity around your purpose
 - Massive momentum
 - Create Healthy Boundaries
 - Collapse your timeline
 - The Value of Becoming grounded
- And much, much more!
-

Thank You!

Once again for allowing me to join you on the journey in creating a healthier, happier you!

✉ r.williams@letloveflow2u.com

📷 [@williamsraquelle](https://www.instagram.com/williamsraquelle)

