

Roadmap to Joy & Discernment®

Individual Coaching in phases with targeted Outcomes



Phase 1: HOPE & HEALING INTENSIVE (Intake, plus 4 individual sessions)

- Review of current relationship & family of origin
- Giving “Grace & Space” to yourself & others
- Identification of needs, values & goals
- Introduction to decision-making process
- Enhanced Self-Care & Self-Control
- Boundaries & Staying in your lane

Outcomes:

- ***Emotional & cognitive stability***
- ***Clarity about value & identity***
- ***Resolving confusion***
- ***Healthy boundaries***
- ***Understanding decision-making***

Phase 2: EQUIP & ENERGIZE (4+ individual sessions)

- Emotional recovery from anger, anxiety, fear & grief
- Exploration of Spiritual considerations if separating/divorcing
- Exploration of Legal considerations if separating/divorcing
- Exploration of Financial considerations if separating/divorcing
- Evaluating impact to children & extended family
- Identifying “Safe People” to build your “Joy” team

Outcomes:

- ***Emotional & cognitive strength***
- ***Spiritual clarity without guilt***
- ***Financial & Legal clarity***
- ***Increased confidence & hope***
- ***Formulation of a plan forward***

Phase 3: GO THE DISTANCE: ENDURANCE TRAINING (As-needed)

- Discerning whether to Stay or Go
- Identifying strengths, weaknesses, threats & obstacles
- Long-term goal-setting based on staying or going
- Taking action to move towards long-term goals
- Developing anchors for long-term spiritual growth
- Creating maintenance plan for going forward

Outcomes:

- ***Emotional & spiritual recovery***
- ***Financial & Legal resolution***
- ***Self-confidence & dignity***
- ***Consistent gratitude & Joy***