



9 Week Spring Clean Your Life Program

Is your

LIFE
all **CLUTTERED** up?

SCHOOL OF LIFE - PERSONAL TRANSFORMATION



SPRING CLEAN YOUR LIFE COACHING PROGRAM

As coaches we know that too much stuff can fill up our lives and drain our energy. And it's not just stuff that makes us feel overwhelmed - having too many tasks and commitments, and spending too much time with difficult people (and not enough with those who support and inspire us) also drains us.

In order to "Spring Clean" your life, you need to understand where your life is draining you. Then you need to understand specifically what and who is draining your energy. Next, you need to set yourselves up for success - by getting clear on how you would like your lives to be, as well as letting go of things that drain you.

GET THE BEST OUT OF
LIFE AGAIN

Get a fresh burst of energy - and enjoy your wonderful life more!

WHAT WE COVER IN THE PROGRAM

The wheel of life - Get a clear understanding of all aspects of your life

Take stock & take action - explore your frustrations, should and what you're REALLY looking for from life right now

Energy Zappers - What is draining your energy

STOP procrastinating - Get it done and celebrate

Toxic relationships - Get rid of those toxic relationships

3 Month Vision - Start putting an action plan together

Letting Go - Let go of what's holding you back

Daily success habits - Success and happiness is a habit

MAKE THE REST OF YOUR LIFE THE BEST OF YOUR LIFE

PROGRAM OVERVIEW

Program duration: 9 X 1 hour coaching sessions

Method: Complete on your own or fast track you result by working with your coach

Audience: For individuals or teams

Book your coaching program now, and let me help you move those dreams to reality.