

# INTUITIVE COACHING

with Deborah Hanlon

Hello, and welcome to the program!

Just by signing up and making this commitment to yourself, you've taken the first step into your biggest self-discovery yet. You're changing already, and you don't even know it! I'm thrilled to join you on this journey.

Every week, you'll experience a new "theme" in personal awareness. The topics will force you – gently, of course – outside your comfort zone and challenge your own personal limitations. You'll begin to understand *why* you think and act like you do, and then *how* to make effective, long-lasting, profound changes. These discoveries will lead you to live your best life - one you love to live!

You've been invited to our private Facebook Group for the Intuitive Coaching community. There, you'll join other like-minded members who want to get more out of the lives we lead, and be able to connect with others in the group, as much as or as little as you'd like. Be sure to engage with this platform as often as possible. I'll post videos, course materials and other sources of inspiration for your path. You'll also be able to hear directly from past course "graduates" as well as continue conversations that begin in our weekly meetings. Collectively and affectionately, we call it "The Tribe", as it will soon become a safe place you can turn to for support, information and affirmation. Once you join the group, please watch the intro video and then introduce yourself!

My three "D's" for success:

- **Do the work.** What you put in is what you'll get out. Participate as much as humanly possible, and you'll get the very most out of the content. Join the conversations, watch the videos, complete your journal entries, and enjoy the meditations. The more you engage with the course, the more benefits you'll receive, and the benefits last forever.
- **Dedicate the time.** This is YOUR journey, and yours alone. It is an investment in a more peaceful, compassionate and understanding "you", so it deserves its own time. I recommend a minimum of one hour per week for the videos (either live or recorded), with some additional time to take notes, reflect on the information, and really let it resonate with you. Each section is designed to build on the next; think of this like "drying time" between coats of paint. The colors get richer and deeper as you go!

I've devoted decades of my life to developing this content, and I'm so excited to share it with you. I'm constantly amazed by the incredible, positive changes I've seen in my own life, and even more so, in the lives of those who have taken this course. Are you ready? Let's go!

  
Deborah

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