

# 12 WEEK COACHING PROGRAM

## INFLUENCING TO CHANGE THE WAY YOU LEARN, LOVE AND LIVE.

This program is unique to you, it is not a one size fits all, but it is 12 weeks of investing in you for transformational change. This program can be offered via video conferencing, face to face or a combination of both.

### WHO IS IT FOR?

This program helps people who are feeling stressed, overwhelmed and don't spend any time for themselves in life or on understanding how and where their life is heading.

### HOW IS THE 12-WEEK COACHING PROGRAM DELIVERED?

Before we start, you'll be asked to sign and bring your coaching agreement to your first session and fill out a brief online coaching survey to give the insight on where you are currently are. This insight will enable you to measure your progress throughout our time together.

The program will focus on the following key areas:

- Clarity - What you want to achieve - what do you want
- Accountability - Support to take full responsibility of your life
- Belief - Create a growth mindset to tackle the obstacles/challenges in your life
- Confidence - Confidence to transform & minimise the impact of other people's opinions on your life and how you choose to live it

### CURIOS TO KNOW MORE?

Does this interest you, then set up a 20-minute coaching session via emailing [dorodea@netspace.net.au](mailto:dorodea@netspace.net.au) to see if we are suited and to explore next steps.

“ Investing in yourself is the best investment you can make. It not only improves your life, but the lives of all those around you. ”

- Robin Sharma

