

ONLINE COACHING

Technology is now an integral part of our lives, and it has enabled me to successfully coach individuals from different parts of the world. Every time I connect with a client across borders and province lines, it reinforces the fact that we all desire the same emotional experiences in life. Any of our restrictions, be them, social, economic and cultural, can be overcome.

I started my coaching practise online, therefore you'll receive the same level of support as any of my other programs.

My life coaching program is a course in empowerment. You'll learn to harness the power of your identity, and tap into your potential. From the very first session you'll experience a sense of liberation, because my clients feel truly understood.

We'll start with a thorough evaluation and reflection process, to establish how you got to where you are now. I'll then help you develop where it is you want to be in life, how you're going to get there, which way is best, and so on. Through a series of developing life missions and grander life aspirations, I'll help you set, and start the goals which will navigate you into fulfillment, and toward the destiny of your choice.

The model I have designed is fueled by the psychology of motivation, and utilizes principle marketing tools used to manage and grow corporations. Furthermore, I have also incorporated functional spiritual practises such as: mindfulness, detachment, and balance. Having assembled these three focusses to work in unison, I have successfully coached many individuals, couples and family/group units into fulfillment.

Together, we'll work on opening up your mind, invigorating your body, and connecting you to your sole purpose.



WHAT TO EXPECT?

- **HOURLY COACHING SESSIONS, PER WEEK**
Your commitment is essential to the programs success. After each session you'll receive a weekly task to complete independently, which will support your personal growth, and instill accountability.
- **MONTHLY COACHING PACKAGES**
Whether you're looking for a complete life overhaul, or a boost in motivation and esteem, monthly packages are structured to help you reach your coaching goals.
- **EMAIL AND TEXT SUPPORT**
You will receive email and text support throughout your program. With a 24hr response rate, guidance is provided between sessions to help keep you on track.
- **POST-PROGRAM EVALUATION**
At the end of your coaching program, you'll receive a written evaluation summarizing your development, and detailing your progress.
- **POST-PROGRAM FOLLOW-UP**
I'll follow-up with you on your progress 4-6 weeks after your program. We'll explore any challenges you may've encountered, and boost motivation and productivity.



WHO DO I COACH?

My coaching model was designed to serve a wide range of demographics. However, I have assigned the following key demographics generally associated with, but not limited to, the issues I help my clients overcome.

UNDER 30'S

Planning your life can seem like an overwhelming experience, especially if you lack direction, and are feeling uncertain about your future. By strengthening your sense of self and developing your awareness, my coaching program will help you assemble your aspirations. You'll **build a mindful plan**, complete with the life missions, goals, and objectives to help you reach your potential.

OVER 30'S

When each day feels as if it's stuck on repeat, life gets underwhelming. If you're feeling unfulfilled, my program will help you break the routine, and confidently build the life you've always wanted, all the while maintaining your responsibilities. With a program designed to reignite your identity, you'll learn how to overcome any personal restrictions, and **develop a new lease on life**.

MEN

It can be difficult for men to seek out support, because we're not as open about how we feel. I have room in my program to **explore and overcome issues** concerning men, for these issues keep us from achieving fulfillment. With an unintimidating approach, you'll feel comfortable speaking about topics surrounding masculinity, and the pressures facing the modern man.

WOMEN

I grew up in a house of equality, and raised by powerful women. I'll empower your identity by helping you understand how certain behaviours develop, and how negative thought patterns emerge. If you're feeling hesitant, or unsure about your future, my coaching program will help you **gain the confidence** to take back control over your life.

PROFESSIONALS

Entrepreneurs, Professionals and Graduates alike. If you're hungry for success and need a boost in productivity, my coaching program will help you channel your potential toward the aspirations you desire. There'll be no room for wishful thinking, as you and I will work closely together to **focus your ambition** and make your dreams reality.

RELATIONSHIPS

Couples and family/group units who are struggling to communicate, and deal with recurring problems. My services will help you overcome the troubles caused by your differences. You'll **become more mindful**, and appreciative of each other when you recognize each others value. Also, you'll quickly start to realize how your personal struggles shape relationship dynamics.

FREE-SPIRITS

Life is a learning experience, and it's a shame to limit *your* life to societal pressure and conformity. My work involves strengthening your vulnerabilities to withstand the negative influences of this world. No longer will you feel isolated, as my program works to **liberate your identity** and free you from negative perception. I'll make you realize that your individuality is the key to success.

For booking inquiries please Call: [\(+1\) 604-362-0695](tel:+16043620695) or, E-mail: booking@vancitylifecoach.com to schedule a consultation.