

## GROUP COACHING

I've always tried to make life coaching accessible for as many people as I could, and it's this mission which has encouraged me and my team to develop this one of a kind group coaching program.

Spread across 8-weeks, you and your fellow group members will embark on a course in empowerment. You'll learn to harness the power of your identity, and tap into your potential. From the very first workshop, you'll experience a sense of liberation, and ready to help yourself take control over your life.

You'll learn how to effectively evaluate and reflect, understand how motivation works, and how negative behaviors develop. You'll then progress into identifying the changes you need to make in your life, and connect with the things you want from life. You'll then learn how to set mindful goals, and how to successfully achieve them. You'll realize that your future is yours to decide, and this group coaching program will teach you how to manage the unimaginable.

You'll be placed in a group which will form part of a larger cluster. Each group is associated with a key demographic, so you'll have something in common with the people you're mutually supporting.

The model I have developed is fueled by the psychology of motivation, and utilizes principle marketing tools used to manage and grow corporations. Furthermore, I've incorporated functional spiritual practises such as: mindfulness, detachment, and balance. Having assembled these three focusses to work in unison, I'm confident that you will learn how to navigate your life into complete fulfillment.

Together, we'll work to open up your mind, invigorate your body, and connect you to your sole purpose.



## WHAT TO EXPECT?

### → 8-WEEK COACHING PROGRAM

Your commitment is essential to the programs success, and you'll be required to attend every session:

- **60-90 MIN GROUP SESSIONS X 7**  
After each session you'll receive a weekly task to complete independently, which will support your personal growth, and instill accountability.
- **PERSONAL COACHING SESSION X 1**  
As part of this program you'll receive a personal coaching session. You and I will work closely together to strengthen your personal development.

### → ONLINE GROUP SUPPORT

As a community, we'll develop an online forum where you'll be able to raise questions, exchange advice and share progress.

### → POST-PROGRAM SOCIAL

4-6 weeks after your course is complete, you'll be invited to the post-program social. It will be an opportunity for you to reconnect with your fellow group members, and network with members of other groups.



## 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 unthreatening 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 was 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 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](mailto:booking@vancitylifecoach.com) to schedule a consultation.