

What is a Coaching for Clarity Discovery Session?

- This is a 45 minute **free** session.
- You will walk away with at least a first level of clarity about your life.
- I will ask you some questions about the life you envision for yourself and tap into the wisdom you already hold within you.
- An introduction to coaching in general and my program specifically (I do not sell any products as part of my program).
- I will hold a safe and confidential space for you to explore, get curious and uncover what you most want in terms of your health and wellness and lifestyle.
- These sessions are typically done over the phone but can be in person if you prefer.
- Contact me if you are interested in taking this next step in your life and learning more about coaching and how it can provide the support and accountability you might need to move towards the life of your dreams.
- I discuss cost and payment options for my full coaching 90 or 60 day programs.



MIND . BODY . SPIRIT

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