



## ***Love Your Mind to Your Ideal Life Coaching Intensive (\$397.00)***

This 4-Hour INTENSIVE is for women who have been STUCK and are ready to move forward in ALL areas of their life by taking ACTION with the right guidance to make it happen in a SHORT amount of time.

--Through this intensive you will GAIN clarity in your life to be able to move past the damage, the drama, and the pain that has kept you captive throughout your life journey.

--You will be able to move past the negative self talk that has been keeping you limited in seeing your capability and self worth

--You will be able to make choices about your personal relationships and business endeavors that will take you to the next level in creating healthy spaces of success in your life and your business!

This intensive includes diving into:

- GAINING SENSE OF SELF (Helping you to understand who you truly are, the fire that burns within)
- GAINING SENSE OF PURPOSE (Helping you to know exactly why you are here, who you are, what you do, and what you are designed to do and make an impact in)



- GAINING SENSE OF DIRECTION (In your relationships or your job fulfillment—Taking a full 360 into what direction needs to be taken to make impactful change in this area of your life and why)
- DISCOVERING WHAT YOUR TRUEST DESIRES ARE (Actually putting a process to your vision of what you are wanting in life and knowing how to obtain that STEP by STEP)
- DEVELOPING THE ACTION PLAN (Making your desired lifestyle or job or relationship a reality, by setting goals, implementing action steps, and preparing a plan of accountability to follow through)

### What does working with me include?

- The opportunity to FOCUS exclusively and without distraction on your visions and what you need to turn them into realities
- A sound and confidential way to vet ideas with an expert “thinker” to help you uncover and explore your plans, to better prepare you for the outcome.
- Guidance and support to provide you with more confidence in your ideas and your approaches
  - Perspectives to help you innovate new ideas and actions for success in your life and/or business

I look forward to working with you!

Your Go To Personal Empowerment Coach,  
Xerces