



Love Your Mind to Your Ideal Life Coaching Program (8 weeks for \$1017.00)

I am glad you're ready to make an investment into your most precious resource: **YOU!**

This program is designed for women who are highly committed and ready to step up and make the shifts that lead to powerful, transformative, and long lasting results.

This is the most *popular* coaching program for my services. My clients come away with sustainable, inspired practices and tools that become a way of life, propelling them for optimal success in their life and business.

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



This program package will include:

1. Customized Program Package uniquely tailored to your needs
2. 6- 45 Minute sessions over the course of 6 weeks (usually once per week)
3. Love Your Mind to Your Ideal Life Personal Foundation Inventory (to choose from the following):
 - a. Values assessment
 - b. Strengths Profile
 - c. Limiting Beliefs Finder & Release Strategy Toolkit
 - d. Clarity Questionnaire
 - e. Purpose Planner
4. Identifying specific target areas and desired outcomes
5. Committing to essential mindfulness practices to support you through your program
6. Anchoring your compelling vision through affirmations, journaling, vision boards, creative writing, and more.
7. Creating & implementing an inspired action plan
8. Designing accountability for ongoing practices, goals, and session follow-up
9. Sustaining momentum with weekly emails, tools, articles, etc.

I know you are ready to dig deep to create the life and business you deserve! So let's get started!

Your Go To Personal Coach,
Xerces