



Love Your Mind to Your Ideal Life Group Coaching Program (8 weeks for \$757.00 per person)

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 a great group 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



Love Your Mind™
COUNSELING AND LIFE COACHING

In this program we will cover the 3 CORE VALUES of Personal Empowerment Coaching, helping women with; ACCOUNTABILITY, CLARITY, & CONFIDENCE!

Under these 3 Core Values, we will break each week down into a Topic, breaking down & digging deep into:

- 1.) Purpose in Life & Biz
- 2.) Boundaries in Life & Biz
- 3.) Limiting Beliefs & Fears surrounding Life & Biz
- 4.) Personal Strengths in Life & Biz
- 5.) Goal Setting to succeed in Life & Biz
- 6.) Accountability & Consistency in Life & Biz
- 7.) Stress, Emotional Balance, & Self Care to promote a healthy balance in Life & Biz
- 8.) Relationship Building in Life & Biz

As we dive in together you will get the genuine experience and opportunity to grow and develop as a strong, clear, confident woman that will be prepared to Love Her Mind AND Her Business Journey.

Not only will this be an intimate group experience, you will also get the experience of having a 1:1 opportunity with me as the group is SMALL. You get the individual experience in a small group setting to where YOUR goals & questions get ANSWERED!

Your Go To Personal Empowerment Coach,
Xerces