



FALL IN LOVE WITH YOUR MIND & LIFE COACHING PROGRAM (10-WEEK PROGRAM FOR 957.00)

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
- Someone showing up 110% in support of you and your goals for your life and vision



This program package will include:

1. Customized Program Package uniquely tailored to your needs
2. 1:1 Coaching support TWICE a week for 60-minutes per session
3. Fall In Love With Your Mind & Life Personal Foundation Inventory
(to choose from the following):
 - a. Welcome Packe Questionnaire
 - b. Strengths Profile
 - c. Limiting Beliefs Finder & Release Strategy Toolkit
 - d. Clarity Questionnaire
4. Identifying specific target areas and desired outcomes
5. Committing to essential mindfulness practices to support you through your program
6. Small Group Support for women in coaching program & WEEKLY text support
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.
10. 3 FREE weeks of unlimited text support with THREE 30-minute calls
11. 2 "Maintenance" calls to use at ANYTIME



Details of what you will gain from this program:

- ** Getting Clear on who you are, what you're desiring to receive out of life and what financial goals you'd like to set and accomplish in your life
- ** How to step into your power consciously and subconsciously to create the life you desire and need
- ** Releasing and addressing old limiting beliefs that had kept you fearful, stuck, and playing small in your life
- ** Getting clear and confident on what direction you should take in your life and what actionable goals you can take within the next 1-3 months to see success!
- ** Developing a unique plan for success that will benefit you and your business/job
 - ** Being able to build up the mental strength to be strong and consistent to get things accomplished despite your surroundings

I am so happy to be apart of this journey with you and I believe that this will be a life changing experience for you! Let's get started!

Your Personal Empowerment Coach,
Xerces