



Create a Life You Love WITH THE LOVE OF YOUR LIFE

THE JUMPSTART COACHING PROGRAM

What are you creating? What do you want to create? What do you dream for yourself and for your life, your relationship or your career?

That's the purpose of the JUMPSTART to answer those questions + make it happen.

Before our session, you'll get:

- A detailed Life Inventory to illuminate all areas of your life and bring you clarity on what matters most

During our session, you'll:

- Finally know what it's like to take time to pause and look at your life with fresh eyes (cue: validation, inspiration + bliss!).
- Discover the hidden clues about what you truly want to create in your life, as we navigate your wants, needs, wishes and those 'too-scared-to-say-it-out-loud' desires.
- Receive the pleasure of multiple aha moments necessary for clear direction.

By the end of our JUMPSTART Session, you'll have:

- Clarity + sweet relief (you're welcome!).
- A series of simple, actionable steps to follow (aka the Make-It-Happen Plan).

How it works –

- We have one **90 minute private coaching JUMPSTART session** to dig deep into your dreams, goals and plans, we end the session with 2 to 3 action items.
- After our session I will send you a 2 page **Make It Happen Map** – with highlights from our call, action items, power questions and mental mantras to help keep you focused.
- We meet again 2 weeks later for a **60 minute JUMPSTART Follow-up Call** to check in, celebrate and re-calibrate.

Investment - \$497

And if you decide to engage in a longer coaching program within 48 hours of taking completing your JUMPSTART, your payment will be applied as a deposit for the coaching program you select.

YOU CAN LEAD YOUR LIFE OR REACT TO IT. LEAD FROM LOVE.
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You now have 2 options -

Reserve a time to speak with me, for free, to determine if a JUMPSTART is your best next step

Or if your heart is singing and you can't wait to get started, you can register for a JUMPSTART now.

Click here to reserve time for a 30 minute Clarity Call to determine if private coaching with me is right for you:

BOOK A CLARITY CALL!

Click here to complete the Life Inventory and reserve a day and time for your JUMPSTART:

REGISTER FOR A JUMPSTART!

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