

LIFESTYLE COACHING

Lifestyle coaching is a process that is designed to bridge the gap between where you currently are in life, to the level you *really* want to be. Deciding to make changes in your life is the first amazing step, you



will need “new” strategies to move forward because the strategies you are using now are the ones that are not working for you and they are the ones you want to change.

To make these changes a reality hiring the help of a professional is the fastest and most effective way to get results. If you wanted to be the best you can be at playing sport, you would

hire a coach. Professional sportspeople invest in a coach to challenge, support, stretch, and bring out the best in them and give them support and encouragement on their journey.

Your wellness, health and fitness are the most important aspects of your life, without this we are constantly restricted with what we can achieve. Give yourself a break and make a start to support the change you so want to happen.

By saying yes to yourself you have made a start to achieving your goals, you will find change starts to happen in all aspects of your life.

If this sounds like something that would add enormous value to your please check out the packages that are offered and send that email.

If you are hesitant or unsure of how you can benefit from life coaching, I am very happy for you to contact me to discuss your current situation and discuss how I can assist you to achieve.

Sessions can be conducted either over-the-phone or via Skype. The benefit of phone sessions is that they offer the convenience of being able to be conducted anywhere at any time, saving you both time and money. Some clients also prefer the anonymity of telephone coaching. Sessions with international clients are conducted using Skype.

I will also be available to be contacted via email in between each session and will provide you with the resources you need to continue on your path to success well after our sessions are completed.

First Session Free (30 minutes)

Breakthrough to Success 6 sessions (\$480.00)

This package provides the support and guidance you need to secure your goals by giving you the tools you want to make those important lasting changes in your life.

Includes:

- 6 x 45 minute minimum Life Coaching sessions
- Wheel of Life
- Email support for the duration of the coaching sessions
- Sessions valid for 6 months from date of booking

Individual Session - \$90.00

One-off sessions are available and are great if you have something highly specific such as some help with planning and setting goals or problem solving. Otherwise a commitment to a course of sessions where you can focus on goal setting or whatever your specific need is.

Session is 60 minutes.

Important information

By entering into the coaching agreement, you are aware that:

- All information shared with your coach will be treated with the utmost confidentiality, and will not at any time, either directly or indirectly be disclosed with any person outside of the coaching session.
- Lifestyle coaching is a strictly professional service.

- Coaching is in no way to be construed as psychological counseling or any type of medical therapy.
- Coaching results are not guaranteed. You are entering into the coaching with the full understanding that you are responsible for creating your own choices and results.

Coaching fees

Coaching fees are non-refundable and paid in advance.

The amount charged will be in accordance with the package selected above and charged to your nominated account.

You can cancel your subscription at any time, which will take affect from the following month, and you will still have access to the service for the remainder of the monthly period.

Session Cancellation Policy ie sessions must be cancelled within 24 hours for an 80% refund.

Well done on your decision to make changes

Contact jillie@jilliesblog.com

