

COACHING BOOT 'CAMPS'

The fastest and simplest way to get results through coaching!



VISION

This 5 week "camp" is designed for you if you are new to Personal Development. You want to move forward in your life but you're not sure where to start.

During these 5 insightful sessions you and I will be on a mission to find out what it would take to get your MOJO working! This will be a time of personal discovery and challenge. Who are you? What do you really want in your life? This will be our focus. What is Possible for you?



ACTION

This 5 week "camp" is designed with you in mind if you are familiar with Personal Development. You are ready to make some changes in your life but you don't want to do it alone.

These 5 exciting sessions will be all about getting absolute clarity on your goals, dreams and desires. We will be on a mission to unlock your Best Self and what being that person would mean for you. Your life can be as brilliant as you want it to be. You will discover this during these sessions. Your Action factor will be shining brightly and you will be ready for the next level.



RESULTS

This is the "cap" for you if you know what you want. You know why you want it but you are unsure or hesitant about the Action Steps to take to get you to your goal in a smoother, faster, focused and fun-filled way.

This is not for the faint hearted. You will be **doing** a lot and you will be held accountable. This is a "cut to the chase" coaching style designed for great results. If you want success you must be prepared to do whatever it takes. You will be ready to face your gremlins, slay your dragons and play with the "big boys". You will be unstoppable!

These sessions are all Action Focused. If you think you are ready to take your life to the next level and are willing to put in the time, effort and have some fun along the way then I say, "Go for it". Life's too short to waffle!

If you aren't sure where you fit in, that's ok too. We will have a conversation and decide together which "cap" would be best suited to your current situation. I like things to be simple, straightforward, practical and fun so you are in very good hands. I will expect a lot of you but I promise I will be your best advocate for living the life **you** want on **your** terms. Life can be brilliant. Why settle for less?

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I have given a brief description of these new, exciting "caps" that I am offering this year. I know that some of us like to just "go for it" and want everything "yesterday" and some of us like to take our time, get everything "lined up and in order" and by designing these 'camps' I feel that I am covering all the different personality types.

I am naming this series "Boot Camps" because with my background as a Health and Fitness professional and my coaching style it sits well with

me. I believe a Boot Camp is designed to get people great results in the shortest possible time.

You can do these as a one-off or do all three, or do the same one over and over with a different focus. That is what is so perfect about these 'camps'. No long term contracts, no unrealistic expectations, you jump in when you want based on wherever you are at the moment. These 'camps' are intended to give you the power to live your life on your terms and have fun along the way. Just like in weight training, or competitive sport, or in fact any endeavour in life, the INTENSITY is the key to success. Focus, commitment and daily practice.

The best part of all of this is the cost. I really want these 'camps' to be successful and I want to get as many people to take more action more often as I believe that is **my** mission in life.

I am offering these 'camps' of 5 sessions at the ridiculously low cost of \$375.00AUD. until further notice.

As an added bonus to those who sign up before end of February 2010 you will **never** be charged any more for these 'camps' anytime during the next 6 months when and if you decide to come back for a new "camp."

This is a new concept in coaching and one I am excited to share with you, you can start where you want and come back for "top ups" when you want to go to another level in your life or you just need some guidance, clarity focus or an accountability partner.

If there is anything I haven't covered here and you have a question, please just drop me an email and I will get back to you within 24 hrs. I'd love to hear from you. Which "camp" fits you?

Yours in Action,

Joan