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**FALL
IS
A
TIME
OF
CHANGE**



Welcome September

Hello!

September is one of my favourite months for new beginnings! Even though the weather is still warm, there is a fall coolness settling in the morning & the evening. There is a new freshness in the air creeping in. I am personally on the look-out for growing opportunities and hope you are inspired by the fall to grow too. After a lovely summer, I hope I can participate in your desire to grow & create a life of openness and greater life satisfaction! To that end, I have sent you my fall coaching offerings . You may find something that intrigues you. If you are interested in any of these opportunities or have any questions you can text me to set up a time to chat at 604-341-4149. Otherwise dive in and register!



Laser Coaching

This is personal hot seat coaching, tailored to meet your needs of the moment. Ever felt like you are having an issue now but can't talk to someone for a week or two? Book 15 minute coaching sessions online (Calendly, on my site) to help move you out of your immediate challenges and set you on a path of growth. **UNLIMITED** sessions from Monday to Friday! Only one rule: You must do your homework from your current session before booking another session. The homework is dedicated to the issue that you bring and is not onerous. Yes, you read that right, the sessions are really **UNLIMITED** and run for one year. The cost is \$1200 Cdn plus tax per year, payable when you register. **Super cost effective!** Laser coaching continues to run strong!

[Register or Learn More](#)



Group Coaching

This is an exciting **NEW** program. If you thrive while learning in community, this could be for you. The result you can expect as you make your way through this program is to gain clarity on your current personal path and to gain the skills to move forward. If you are looking to grow in community during these uncertain times, and to create your life's direction and the skills to transform your life, keep reading. The program is unique in that the education portion is research-based and gives you prime worksheets for each session to extend your learning. You will have the opportunity to learn the topic of the week on your own time on recorded video. It is at this

time that you will receive your worksheet for the week. I will be teaching those sessions. You will then have an hour in a scheduled live Q&A with me on Zoom where you will learn from the answers to your own questions & those of others. This will occur weekly 3x a month. Additionally, there will be a private Facebook Group where you will learn from others and I will check in for more comments on the 4th week of the month. The cost is \$450 Cdn plus tax per month, paid monthly.

To recap:

- Each week for 3 weeks in the month you will have a video session taught by me & a great worksheet to cement your learning
- You will also have a weekly Q&A session where I will coach those who have questions from the session they are working on. We all get to hear & learn from each other
- On the last week of the month I will be in the private Facebook Group to answer any further questions you may have on the month's learnings

So if you are looking to increase your life satisfaction this might be for you!

[Register or Learn More](#)



Tried & True Coaching

Tried and True Coaching with 2 - 3 people using high performance based coaching. Why do people love this coaching and come back again & again? Because they connect with others on an intimate level. I connect on Zoom for one hour, two times a month and you receive a worksheet that has many gems to extend your learning. This small group gets to be a part of each other's lives for 6 months at a time. They find commonalities and rich ways to support one another. The cost is \$1500 Cdn plus tax for 12 sessions, payable upon registration.

*Based on availability

[Register or Learn More](#)



Individual Coaching

This option allows people who are committed to their coaching to have individual attention and sessions that are catered to their particular needs. Individual coaching is a personalized approach for what would make the most difference to their growth. Another benefit is the privacy of learning that is important to many people. Most people choose to have their coaching weekly by Zoom or phone but bi-weekly works as well. The cost is \$3000 Cdn plus tax for 12 sessions, payable upon registration.

[Register or Learn More](#)



If you want to know more about what High Performance Coaching is, click below to watch Lynda's short video.

[Go to the Site](#)

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