

[www.simplicitylifecoaching.com](http://www.simplicitylifecoaching.com)

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**If this program interests you, call Emma-Louise!  
 604-990-9068**

Who are you? How can you be the best you can be?

* We are all so unique, that the only person who can know best how we will succeed in life – is ourselves.
* This transformational coaching programme has been designed so you can find out for yourself what makes you tick!
* Are you ready to have fun, transform yourself and **Get Happy?** Start here to find out how!!



The Programme:

1. GET SET FOR SUCCESS!   
   Start your engine, take stock & begin the work!
2. GET VISION!  
   Set goals & unleash your vision of your future!
3. BOOST YOUR POWER!  
   Take care of yourself & discover your joys!
4. CLEAR THE DECKS!  
   Simplify and streamline for success!
5. GET CONFIDENT!  
   Identify your strengths & weaknesses, get perspective!
6. GET REAL!  
   Create positive relationships with yourself & others!
7. GET OUT OF YOUR WAY!  
   Identify your blocks, design the way forwards!
8. GET HAPPY!  
   Get soul & learn what makes you truly happy!
9. WRAP-UP Session  
   Review & how to take the learnings forwards

When you believe in yourself, anything is possible!

# **Get You!**

## Free Yourself &

## Get Happy!

## Transformational Coaching Programme

What are your passions, priorities, joys?