



Coaching with Olga

Proposal



What is a Life Coach?

So, why would you need a life coach in the first place?

Coaching helps you identify what's going on in your own brain.

When you feel **unable to get the results you want or feel frustrated** with your life, coaching is the answer.

A life coach can help you recognize where you're stuck and show you exactly what needs to change when you can't see it yourself.

A life coach is like the best friend who will call you out when you're showing up in a way you don't want to, give you tough love, and believe in you way before you may be able to.

They help you create the exact life you've always wanted.

What you will get...

Olga is a certified Life Coach through “The Life Coach School (LCS)”

1. When you decide to work with a life coach, you'll be amazed at **how quickly you get unstuck and start changing your life in ways that will blow your mind.**
2. You'll **start to understand your brain and why you're doing what you do without having to beat yourself up to make any kind of change.**
3. You'll discover your **true potential and begin to notice amazing results. It will completely change your life.**



What we offer:

	Plan A: Per Session Plan	Plan B: Weekly 3 months Plan	Plan C: Bi-Weekly 3 months plan
Pricing	\$175 per session Pay as you go	\$1,890 package Total of 12 sessions Every week	\$998 package Total of 6 sessions Bi weekly
		\$157 10% off	\$166 5% off
Duration	60 min	60 min + 10 min of Q&A/ preparation for next workshop	60 min + 10 min of Q&A/ preparation for next workshop
Topic	Topic of choice	Topic of choice or focusing on specific topic	Topic of choice (or focusing on specific topic)
Benefits	Meeting notes to be shared	Meeting notes + Choice of worksheet	Meeting notes (Choice of worksheet)

Some ideas for focus topics

Relationship

Want to have better relationships with yourself and with others?

- Stop judging yourself
- dealing with perfectionism
- stress at workplace
- Getting unstuck after divorce or separation

Old Beliefs

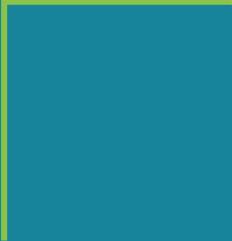
What are your beliefs about yourself?

- How to discover existing beliefs that don't serve us
- How to believe something we don't yet believe
- Focusing on the future and recognizing limiting beliefs, letting them go and creating new goals and dreams

Goal Setting

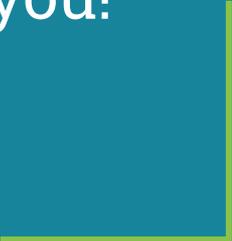
Do you have a goal? Do you struggle achieving the goal?

- Where are you now as it relates to where you want to be.
- Knowing what you know and why
- Understanding and setting a goal you really want to achieve
- Working towards a clear goal for work, relationship
- Managing time



THANK YOU!!

Look forward to working with you!



Some ideas for focus topics

Relationship

Want to have better relationships with yourself and with others?

- boosting self confidence
- dealing with perfectionism
- stress at workplace

Money abundance

What are your beliefs about money? Do you think of money from a scarcity mindset?

- Saying goodbye to your old money beliefs
- Are you underearning?
- Understanding your money goals

Goal Setting

Do you have a goal? Do you struggle achieving the goal?

- Understanding and setting a goal you really want to achieve
- Working towards a clear goal for work and career
- Managing time