

# 1. UNFOLD

## A six week 1:1 Life Coaching Journey : UNFOLD

Over six weeks together with:

3 x 60 minute 1:1 calls

2 x 45 minute 1:1 calls

1 x 30 minute 1:1 call

With undivided email support throughout the six week journey.

I will lead you to:

- get to know who you are on a deeper level
- uncover your deepest desires + know how to bring your desires to life
- reignite your self love, self worth + confidence
- inspire, support + lead you on your journey

## *Investment*

Personal 1:1 life coaching is NZ\$777 (*payment plans available*) for the six weeks and here's what you'll receive:

- a Preliminary Coaching Questionnaire will be emailed to you for you to answer openly + honestly + to ascertain what you are most wanting to achieve for yourself + to get to know you a little
- followed by **6 personal 1:1 coaching sessions each week over six weeks** via Zoom
- together with *ongoing support via email* whenever you need it throughout your coaching journey to share, check-in or ask any questions to help keep you focused on your amazing desires + who you are becoming
- as well as guide *books, work sheets, tips + tools* for you to implement + guide you on your journey
- plus a *30 minute check-in session* one month following the completion of your six week coaching journey
- + of course, *encouragement* all along the way of your coaching journey together

## 2. 1:1 PERSONAL COACHING

Are you looking for ongoing, consistent guidance and support to upgrade your life?

What is that desire you are yearning to bring to life? What's that project, idea brewing, hobby you want to turn into a business? But you believe you can't because that's what your mind and /or others are telling you!

What isn't working for you right now that you want to change?

**It all begins with you deciding you are ready!**

Yes, I can help you create a new life for yourself.

This is an investment but it's an investment in you, your inner self and your mindset and it'll be so worth it! Have you checked out lately how much you have invested in your outer self to feel good – hair, nails, shoes, make-up, clothes etc but have neglected the inner you?

Come on a three month coaching journey which gives you 1:1 personal sessions **plus** undivided support via email or Messenger in between sessions, so that you can reach out at any time for support, guidance, encouragement or to celebrate your wins!

### *Investment*

A Midlife Life Coaching package is NZ\$444 for three months which includes:

- 6 x 45 minute personal 1:2:1 coaching calls per month via Zoom
- And of course weekly support emails and / or connecting via text or Messenger

Why three months? *Change won't happen overnight but it will happen* and I've found through my coaching programmes that three months is the best timeframe to see results for yourself.

Is this what you've been waiting for? Want to know more? DM or email me – [fiona@fionastothart.com](mailto:fiona@fionastothart.com) saying "1:1 coaching" and I'll be in touch to share more with you about my personal coaching program tailored just for you.

### 3. *Creating + Cultivating Ch-Ch-Change (CCC)*

CCC ~ It's about having the courage to go after what it is you want, like truly want!

**Creating + cultivating change in new ways, new habits, new things, new ...**

It can be hard to make changes in our lives + we often go about setting ourselves up expecting to fail. But what if things were different?

It's about feeling motivated + supported + being understood + cheered on to create that change in your life.

Perhaps you want to bring to life that dream you've had buried deep within for so long + to finally create that vision, to actually see it + be living it;

You know that you need to take better care of yourself but just don't have the motivation to do so, but you maybe feel it's time to uplevel your life somehow;

You feel like you never have time for yourself, life is too busy + you're dreading it always being the way it is;

You're stuck on auto-pilot + life has become a little boring doing the same old, same old over + over + over but you don't want to spend the rest of yours years living this way.

However BIG or small the change you desire is ~ I'm here for you.

So wait no more, DM or email me to book your space in CCC ~ a four week online course with a new module out each week. There's no more waiting ~ start when you are ready!

**NZ\$222.00**

With so much more:~

- + Guidance
- + Tools
- + Support
- + Motivation
- + Inspiration

PS: Add on one or more 1:1 personal coaching sessions outside of the group for NZ\$121 per 1 hour session.

## 4. *Renovation of You*

**The doors to “RENOVATION OF YOU” are always OPEN!**

**RENOVATION OF YOU** is a personal journey to complete in your own time. With four guidebooks + four optional 30 minute 1:1 coaching sessions to do at your own pace. After you complete a guidebook you can book in your 1:1 session + get ready to receive the next guidebook.

In the four guidebooks we'll be looking at:

- Guidebook #1 : Setting your foundations
- Guidebook #2 : Rewiring of your mindset
- Guidebook #3 : Redesigning your life from the inside out – knowing how you want it to look + feel
- Guidebook #4 : Opening the door to a whole new way of living

PLUS four optional 30 minute 1:1 personal coaching sessions to keep you on track, answer any questions you may have, to give you guidance + additional tools for where you are at on your journey to encourage you to keep going!

***We are constantly renovating our homes  
so now it's time for your own Renovation of You!***

By the end of this journey you will have rebuilt yourself from the ground up, transformed yourself from the inside out + feel excited to come home to a new you + new ways of living!

**Investment:** 4 x guide books + 4 x 30 minute (*optional*) coaching sessions: NZ\$222  
DM or Email me [fiona@fionastothart.com](mailto:fiona@fionastothart.com) “Renovate” and let's get you renovating your life from the inside out!