



Transformational Coaching Packages

EMOTIONAL NEEDS -

- do you know what they are and how to meet them by yourself to feel fulfilled?

BOUNDARIES & STANDARDS

- do you often feel taken advantage of in different areas of your life?

VALUES -

-do you know your values & are they aligned with your life?

BELIEFS -

-which beliefs help you in life & which ones limit you?

BEHAVIORS -

- which patterns of behaviors or reactions are helpful & unhelpful?

SUCCESS TRAITS

-where do you measure up and where do you need to be?

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SELF ESTEEM

- are your confidence levels affecting your work or professional life?

PROCRASTINATION

- do you sabotage yourself or create resistance when it comes to moving forward?

HEALTHY HABITS

-are you holding yourself back from healthy habits or behaviors you know would help you?

BALANCING YOURSELF

-do you find yourself struggling to balance work and family life? or health and relationships?

REBUILDING

-are you unsure how to rebuild after a job loss or breakup?

ABUNDANCE & WEALTH

-what are your beliefs/attitudes about abundance or scarcity with money?



6 Month Goals

DATE:

PERSONAL GROWTH

1. I intend to _____ by
_____ because/so that _____.

2. I intend to _____ by
_____ because/so that _____.

3. I intend to _____ by
_____ because/so that _____.

4. I intend to _____ by
_____ because/so that _____.

5. I intend to _____ by
_____ because/so that _____.