



610-390-1354  
www.PositiveLifeDecisions.com  
Connie@PositiveLifeDecisions.com

## **Next Level One-On-One Coaching**

These programs are designed for individuals who have completed an assessment-based, one-on-one coaching program and wish to continue exploring possibilities for the next phase of their life, moving forward toward specific goals or taking action toward meeting goals.

### ***Positive Life Pathfinder Program***

Continue exploring the possibilities for the next phase of your life as you set goals and make critical changes. This six-month program includes:

- twelve one-hour coaching sessions with Connie Challingsworth, a Certified Life Coach, to be used over six months
- comprehensive workbook to guide your journey
- Goal Tracker to help you measure your progress
- unlimited emails during the six-month coaching period
- one free 15-minute phone coaching session per month with Connie Challingsworth

### ***Positive Life Action Plan***

Turn your life plan into action achieving one goal at a time. This three-month program includes:

- six one-hour coaching sessions with Connie Challingsworth, a Certified Life Coach, to be used over three months
- six-month Goal Planner, including short- and long-term goals, completed in partnership with Connie Challingsworth
- unlimited emails during the six-month coaching period
- one free 15-minute phone coaching session per month with Connie Challingsworth

### ***Maintenance Coaching Plan***

Continue reaching your goals through ongoing guidance and encouragement. These 45-minute phone sessions must be used within four months.