

Benefits of 1:1 Coaching

1. Personalized Support

Group sessions are powerful, but everyone's challenges are unique. 1:1 coaching gives you a space to dive into your specific stressors, habits, and goals with strategies tailored just for you.

2. Accountability That Works

It's easy to slip back into old patterns when no one's watching. Regular check-ins keep you on track, celebrate your wins, and gently course-correct when you stumble.

3. Faster Progress

With focused attention, you cut through trial and error. Coaching accelerates change by honing in on what works best for you.

4. Safe Space to Go Deeper

Some topics feel too personal for a group setting. 1:1 coaching provides a confidential, judgment-free zone to explore whatever's holding you back.

5. Practical Tools You'll Actually Use

No fluff. Each session leaves you with concrete steps and techniques you can apply immediately in real life — at work, at home, and within yourself.

6. Confidence & Clarity

As you build new habits and see progress, you'll gain a renewed sense of control, purpose, and confidence in your ability to manage stress and thrive.

**1:1 Check-In's are available bi-weekly, for 20 minutes per session. These are booked after the first week's Group Check-In. More information will be provided after the Blueprint begins.*



Benefits of Skool (Online Community and Course Hub)

1. **Everything in One Place** – Access all your lessons, worksheets, and recordings without digging through emails.
2. **24/7 Support & Connection** – Connect with peers between sessions, share wins, and get encouragement whenever you need it.
3. **Accountability Made Easy** – Track your progress, celebrate milestones, and stay motivated with group check-ins right inside the platform.
4. **Learning That Fits Your Life** – Log in anytime from your laptop or phone — flexibility built for busy professionals.
5. **Safe, Private Space** – A supportive community away from the noise of social media, designed for growth and real conversations.



Benefits of Group Check-Ins

1. **Shared Support** – You realize you're not alone in the challenges you face, which reduces isolation and normalizes the ups and downs of recovery.
2. **Accountability** – Knowing you'll check in with others keeps you motivated to follow through on your commitments.
3. **Fresh Perspectives** – Hearing how others navigate similar struggles can spark new ideas and strategies you might not think of on your own.
4. **Encouragement & Energy** – Celebrating wins (big and small) in a group builds momentum and helps you stay positive.
5. **Sense of Belonging** – Group spaces create connection, empathy, and a reminder that healing is easier when you don't do it alone.