

PATH *inSIGHT* Coaching

Program Overview

PROGRESS *inSIGHT* COACHING
Renee Morrison

I've designed this program to give you clarity and direction:

- Think through options and see potential solutions for yourself
- Clarity on your vision and roadblocks so that you can see the path forward and how to overcome what might be stopping you
- Understanding how your strengths can get you what you want so that you can use them strategically
- Better awareness of your options and their possible outcomes so that decisions become clearer, and you can make them with confidence
- An exciting action plan so you know exactly what to do and when to do it
- Seeing real progress in your career advancement, paycheck, and work-life balance

How it works

Throughout the program, we'll have sessions every other week. We take a week off in between for you to integrate our work and catch up on any homework.

90 minutes per session, I do this, so we have time and space to dig into what really matters. If we find we've gotten tons of insights after an hour, that's when we'll finish.

Some of these topics will make you uncomfortable, and that's a good thing- that's where we'll get the most growth. **I'll be your number one fan, but ultimately, I'm here to get you out of the stories that you're using to hold yourself back.**

That means asking you powerful questions that others won't ask. It means holding you accountable and challenging you. And it means helping you set exciting goals and accomplish them.

Homework

There is a time commitment for homework- most people end up spending an average of anywhere from 1-2 hours per session outside of our calls on journaling/ assessments/ worksheets.

You will absolutely get more out of this if you spend that extra time digging into the themes we bring up during our sessions.

It will also give you space to breathe and think and not have to be "on the spot" to come up with answers in our calls. I understand that you're probably time-poor and that doing a lot of homework just won't be practical for you, so that's why I try to keep it to a minimum.

What people say:

Every client I've worked with has told me some variation of the following...

TESTIMONIALS

- *"What a summation of our time together! Your professionalism, efficiency, and attention to detail leaves me breathless and giddy simultaneously. **I'm excited about the possibilities becoming probabilities!**"*
- *"Renee is exactly what you want in a coach - empathetic, encouraging, and supportive, but still asks you the hard questions so you have big insights. She's helped me set and achieve far more goals than I thought possible, which **skyrocketed my business**. With Renee's help, I've been able to **successfully pivot into a new business model**. She is an expert at transitions and at not only dreaming of a new reality for yourself, but **CREATING** that reality, too."*
- *"Renee is a skilled listener who brings a marvelous elixir of skill, life experiences, humor and a caring heart to her work. Her sincere style will activate your trust, that together you can **set intentions and reach your unique goals**."*
- *"Renee has helped me to focus on the points in my life that I felt needed most attention which **gave me the freedom to explore areas** that were of most importance. Renee's calm presence allowed me to open up, **get to the root of certain issues and tackle them head on**."*
- *"Renee helped me **discover a growth mindset** as I navigated through a challenging relationship at work. I was in an unhealthy environment, and with some small steps, words of encouragement, she guided me gracefully into my next chapter of life with confidence. Your coaching has been the **catalyst for a profound change in my life**."*

Week 1

Vision and Clarity

We'll get insight into where exactly you'd like to go- what you want it to be, who you have to be to help it get there, and clarity on why it matters.

Homework:

- [Strengths Profile](#)
- [16 Personalities assessment](#)

Week 2

Strengths, weaknesses, and weakness workarounds

Look at your strengths and figure out how they can help you achieve your vision from week 1.

We'll also look for weakness workarounds to help you build confidence through competence and let go of the things you don't need to be doing.

Homework:

- Weakness workarounds
- Set up your own Brag Book
- Choose your top 10 values and anti-values from the values list, then send the list to me a few days before our Values call.

Week 3

Values

Your values are the principles, beliefs, and attitudes that guide your behavior. When you are not in alignment with your values or when you act out of accordance with your values... life just does not work. We'll figure out your values and anti-values and discuss how to put them to work in your life.

Homework:

- Journaling

Week 3 cont'd

- Spend 1-2 hours researching 3 options (can be professional or personal) for moving forward that you find exciting or interesting. You'll be looking for:
 - Pros and cons
 - Financial implications
 - Time investment needed
 - Minimum starting resources

Week 4

Option Exploration

We'll dig into the top 3 options that you've identified as exciting possibilities. What's exciting about them? What scares you? When we understand this more clearly, we'll be able to move forward.

Homework:

- Journaling

Week 5

Make a Decision

Decisions make or break our success, because they dictate our actions. We'll use the Decision Matrix to tease out the key factors that contribute to a strong decision for YOU.

Homework:

- Dependent on your individual goals and action plan
- Journaling

Week 6

Overcoming roadblocks

We'll work on helping you really see yourself in the future and how it relates to you, because if you're not able to sit back and really FEEL where you say you want to go, subconsciously, you might have blocks that will hold you back.

We'll expand your mind into your new horizon so you can really see yourself in that place.

You'll get concrete tools to help you move past any roadblocks that come up.

Homework:

- Dependent on your individual goals and action plan
- Journaling

Week 7

Action plan

We'll clarify your action plan, so you know exactly what to do and when to do it.