



PROGRAM GUIDE

VIBRANT YOU COACHING



NANCY SMITH

POST JOY CONNECTION CALL ACTIVITY

Welcome,

Congratulations on taking the first step in listening to your inner knowing. I am delighted to share the details of **Vibrant You Coaching** with you. Here's a clear and coherent guide on utilizing this document to enhance your journey of self-discovery.

1. Please print this entire Program Guide. The exercise I mentioned is in here.
2. Take it away from the energy of your computer. Take it to some place where you can be quiet and connect into your inner knowing.
3. Bring a highlighter or pen and read through it in its entirety.
4. Highlight or underline anything that really stands out to you, resonates with you and complete the exercise.
5. Please send me a copy of your entire guide with highlighted sections and the completed assignment before our next meeting.

This guide has been thoughtfully crafted to align with individuals who energetically resonate with the prospect of collaborating. As you read through these pages, take note of whether this alignment feels natural to you or not. Your resonance, or lack thereof, will provide valuable insight into whether this partnership is a harmonious fit for you.

With lightness,



Wish it. Dream it. Do it!

PROGRAM GUIDE

THE VIBRANT YOU COACHING SERVING METHOD

The **Vibrant You Coaching Serving Method** is designed to embolden individuals to break free from their shadows and embrace living their dreams and fulfilling their purpose in the present, rather than waiting for some distant future. This method offers a seamless pathway for embarking on your personal journey of self-discovery and accomplishment. Informed by research, my own life experiences, and insights shared with others, it's a proven process crafted to guide you towards your aspirations.

STEP 1. HEART OF THE MATTER

My coaching style embraces a mindset of curiosity, fostering a deep connection with your heart to clarify the vision of your future and uncover your unique purpose. I will listen deeply and explore thoughtfully. Together we'll unravel the obstacles that have hindered your progress and allow you to break free from stagnation and frustration. Practicing intuitive exploration, we will discover action steps that ignite your passion and effortlessly propel you toward your goals. Throughout the journey, you'll be supported, encouraged, and empowered, leaving you feeling energized and confident in your abilities.

STEP 2. THE POWER OF YOUR BELIEFS

Identifying the beliefs that limit you is crucial for achieving your desires. Often, these beliefs stem from misconceptions or inherited notions rather than truths. I provide a supportive atmosphere where you can examine them closely and discern what is genuinely yours and what you've absorbed from others. As you dismantle beliefs that no longer serve you, you'll feel a sense of liberation and renewed energy, enabling you to move forward unencumbered by false limitations.

STEP 3. LIVE INTO YOUR FUTURE

Harness your boldness and ignite your unwavering commitment to yourself. I will support you as you dive headfirst into manifesting your envisioned future and I'll be your sounding board as you embrace calculated risks along the way. We will celebrate the exhilarating shifts as you push beyond your comfort zone and bask in the feelings of empowerment. Feeling increasingly confident you will begin to transform those dreamy aspects of your life into a tangible reality. Let the excitement fuel your journey to greatness!

STEP 4. BE!

Take joy in your achievements and newfound insights. As you continue crafting the life you desire I will hold you accountable and remind you of your progress thus reinforcing your confidence, courage and sense of freedom. Embrace the journey with enthusiasm, knowing that you have the power to shape your reality and live authentically. We will celebrate every milestone, big or small, as you evolve into the best version of yourself.

ARE ANY OF THESE TRUE FOR YOU?

- **You are a successful, high achiever but feel unfulfilled.**
- **You are busy helping others achieve their goals but you haven't achieved your personal dreams and desires**
- **You dream about feeling happier and creating more impact**
- **You deeply desire to feel more content, loved, appreciated, and connected.**

YOU ARE HERE BECAUSE YOU HAVE A DESIRE TO HAVE A SUCCESSFUL MENTOR ASSIST YOU IN:

- **Defining what they want to achieve and creating actionable steps to reach those goals and identify your purpose.**
- **Providing structure and accountability to explore your passions, values, and interests, and align your actions with your authentic self.**
- **Overcoming the obstacles and challenges that are holding you back from reaching your full potential.**

HERE ARE WHAT SOME OF MY CLIENTS ARE SAYING...

ANNA M.

“There were aspects of my health that I was not happy about and decided I needed to make a change. At first, I was skeptical, will this program work? Because I have tried so many different things in the past that didn’t. Well, let me tell you from experience that it does! . Through Vibrant Coaching I was able to correlate that there were things in my life that I was not addressing which were affecting my health. “

“I can’t thank Vibrant You Coaching enough! I lost control of my health and life, but now I have it back!”

MICHAEL A.

“Before joining Vibrant You Coaching my life was Hectic-frantic- [I was] not managing business or life very well... I am reticent person keeping a lot inside and Nancy was able to draw out of me without me even knowing it was happening.”

“Nancy moved me to another level and brought me out of a place that was not a good place to be.”

DAISY E.

“I used to be a procrastinator so with trying something new (coaching) I could get the extra support I needed to not only set goals but achieve them as well.

“you helped me to understand that no goal is unattainable, I just need to take it one step at a time. “

KAREN G.

“I was stagnant, not moving ahead with my goals. I learned it was ok to not meet every goal, but to get back on track as soon as I fell behind. I learned to celebrate my achievements and not be so hard on myself.”

“I felt a great sense of ease and comfort in our sessions.”

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THE VIBRANT YOU COACHING SERVING METHOD

HOW AM I DIFFERENT?

“The biggest adventure you can take is to live the life of your dreams”

~Oprah Winfrey

Vibrant You Coaching specializes in working with accomplished high achievers who have dedicated themselves to empowering others but are now ready to prioritize their own dreams and uncover their personal impact.

We strive to offer more than just a service, we provide an immersive experience infused with hope, courage, and calculated risks. With us, you're not bound by a predetermined path, instead, you're empowered to design your own unique journey and shape your life according to your terms and aspirations.

WHAT CAN YOU EXPECT?

- Clarity of your larger vision
- Actionable steps
- Improved self-awareness
- Relaxation
- Enhanced confidence
- Improved decision making skills
- Improved problem-solving skills
- Overall life satisfaction

COMMON TO ALL VIBRANT YOU COACHING PROGRAMS

- **Goal Setting & Vision Clarity Work:** Working with a coach to clearly define your goals and vision for your journey
- **Action Planning:** Intuitively developing a strategic action plan with specific steps and timelines to achieve your goals
- **Accountability:** Regular check-ins with your coach to track progress, discuss challenges, and adjust strategies as needed.
- **Personal Development:** Identifying strengths, weaknesses, and areas for growth, and working on personal development strategies to maximize your potential.
- **Discovering YOUR “Why”:** Reflecting on your values, passions, and purpose to align your goals with what truly matters to you.
- **Customization and Flexibility:** Tailoring the program to meet individual needs, preferences, and learning styles, with flexibility to adapt to changing circumstances.



VIBRANT YOU COACHING PROGRAMS

Below you will find the ways Vibrant You Coaching can support you One on One.

BLAST-OFF: THE FUTURE YOU (12 MONTHS) 700/MONTH (PAID IN FULL \$8200)

If you're a committed seeker eager for profound, long-term guidance in uncovering your deepest desires and crafting a life beyond your wildest dreams, this package is crafted specifically for you. Together, we delve into clarifying your vision, intuitively mapping out new behaviors, and establishing a solid foundation for transformation. With ongoing coaching support, you'll navigate the journey of adapting to and embracing your elevated mental framework and behaviors. Recognizing that lasting change requires time and steadfast support, this package offers a deeper commitment to your holistic transformation journey.

Embody the future you!

Includes activities listed above in Common to all Vibrant You Coaching Programs as well as:

- **2 x 75 min coaching calls/month over 12 months**
- **Mindset Mastery:** Cultivating a growth mindset and overcoming limiting beliefs or negative thought patterns that may be holding you back.
- **Time Management:** Learning effective time management techniques to optimize productivity and prioritize tasks that align with your goals.
- **Stress Management:** Developing strategies to manage stress and prevent burnout while pursuing your ambitions.
- **Networking and Relationship Building:** Building a supportive network of mentors, peers, and contacts to provide guidance, opportunities, and accountability.
- **Handling Setbacks:** Building resilience to setbacks and failures, learning from challenges, and bouncing back stronger.
- **Impact and Legacy:** Clarifying the impact you want to make in your community or industry and creating a plan to leave a lasting legacy.

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LAUNCH: CLARITY & CONSISTENCY (6 MONTHS) 600/MONTH (PAID IN FULL \$3500)

If you're seeking clarity and assistance in propelling your life dreams to new heights, this package is tailor-made for you. Offering personalized, one-on-one support and accountability, it's designed to bolster your vision and intuitively navigate the path toward realizing it. With a focus on mastering mindset and fostering consistency, this package empowers you to confidently pursue and achieve your aspirations.

Includes activities listed above in Common to all Vibrant You Coaching Programs as well as:

- **2 x 60min. coaching calls/month over 6 months**
- **Mindset Mastery:** Cultivating a growth mindset and overcoming limiting beliefs or negative thought patterns that may be holding you back.
- **Stress Management:** Developing strategies to manage stress and prevent burnout while pursuing your ambitions.
- **Handling Setbacks:** Building resilience to setbacks and failures, learning from challenges, and bouncing back stronger.
- **Time Management:** Learning effective time management techniques to optimize productivity and prioritize tasks that align with your goals.

VIBRANT YOU COACHING PROGRAMS

Below you will find the ways Vibrant You Coaching can support you One on One.

VISION BUILDING (3 MONTHS) \$400/MONTH (PAID IN FULL \$1200)

If you're eager to pinpoint the changes you wish to manifest in your life but feel uncertain about where to begin, this package is tailored for you. It's an ideal option for individuals who recognize their ability to take independent action once they've gained clarity. Through this package, you'll gain the clarity needed to kickstart your transformation journey, empowering you to take decisive steps towards realizing your desired changes.

Includes activities listed above in Common to all Vibrant You Coaching Programs

- **2 x 50 min. coaching calls/month**
- **Goal Setting & Vision Clarity Work:** Working with a coach to clearly define your goals and vision for your journey.
- **Action Planning:** Intuitively developing a strategic action plan with specific steps and timelines to achieve your goals.
- **Accountability:** Regular check-ins with your coach to track progress, discuss challenges, and adjust strategies as needed.
- **Personal Development:** Identifying strengths, weaknesses, and areas for growth, and working on personal development strategies to maximize your potential.
- **Customization and Flexibility:** Tailoring the program to meet individual needs, preferences, and learning style, with flexibility to adapt to changing circumstances.

POST CONNECTION CALL ACTIVITY

Hi there! You have arrived at the exercise that was mentioned on our call. Take a deep breath and connect inward. Answer each part of the exercise as honestly as you can. The more honest you are with yourself and with me the more transformative the process will be.

If you need additional paper please feel free to use.

1. Write out WHY you want the vision you have for yourself and your life?

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2. What fears, concerns or doubts arose for you as you read through the program guide?

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3. What fears, concerns or doubts do you have about investing in one of the Vibrant You Coaching Programs?

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4. What could you create if you let go of these fears, concerns or doubts?

For yourself?

For your family?

For your community?

For the world?

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5. What would your higher power or higher self say to you if you brought these fears, concerns, or doubts to them?

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6. How do you sense working together might support you in achieving the results that you desire?

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7. How do you sense working together might support you in experiencing the feeling state that you desire?

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8. Connecting into the wisdom and guidance of your higher power or higher self, how would you like to move forward?

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CONGRATULATIONS!

You have read through the guide and been vulnerable in sharing your thoughts and feelings.

Remember, I am not attached to any specific outcome. Trust that your Inner Guidance will lead you to the option that is best for you.

I look forward to connecting soon to talk about your experience with this powerful exercise and to co-creating your next steps for moving forward.

With lightness & love,

Nancy Smith