



Thank you for your interest in **Clear Inner Focus** Mindset Coaching. Here is an overview of coaching and what you can expect.

The problem:

There is a problem. You have tried many ways to solve it, but nothing has really worked.

There is more to a problem than what meets the eye. Your mindsets, habitual patterns of thinking, will produce emotions, drive actions, cloud perceptions and lead you to your results (which, in turn, reinforces mindsets.)

Neuroscience supports this cycle.

You want to learn a better way of doing things. One that works.

The solution:

Coaching provides a pattern interrupt.

Our coaches are trained professionals who help you break negative cycles and build positive change by coaching you to build mindsets and habits that support your ability to get new results and thrive in your career, relationship, and life goals.

The process:

Change takes time. Therefore, we work with people for a minimum of three-months. We meet by telephone or zoom once a week for 12 weeks. One hour is set aside for each session.

Consistent meetings help build the momentum of exponential growth. Unless you have a varied schedule, we meet at the same time each week.

The first month includes learning, applying new strategies and realizing new results. The second month revolves around mastering your new mindsets and habits. During the third month a new area of growth typically presents itself. Applying your new strategies in another area of life with the support of your coach will solidify your new habits of progressing through challenges with greater confidence and peace of mind.

After completing a three-month coaching package, many clients feel complete, confidently equipped with what they need to support themselves in navigating life's inevitable ups and downs. Some clients choose to continue coaching on a month-to-month basis. Others return for an occasional session or two during times of transition.

To Begin Coaching:

1. [Contact us](#) and let us know you are ready to begin. We will:
 - Assign you a coach
 - Decide whether you would like to meet on Zoom or by telephone
 - Set up payment (in full or monthly)
 - Schedule your first one-hour sessions
 - Send your coach an overview of your personalized coaching plan
2. Your coach will send you a welcome email and coaching agreement.
3. Your coach will call you at the number you provided or meet you on the Zoom link found in your welcome email.

Your Coaching Package Includes:

- Online downloadable Tools
- Printable PDFs of concepts
- Instructional Videos
- Invitation to private Clear Inner Focus Client & Coach Facebook Community

These resources are designed to help you navigate challenges and lead positive change today and in the years to come.

Our Guarantee:

If you choose to discontinue coaching at any time, for any reason, let your coach know. We offer 100% money back up to 24 hours before your third session. If you choose to discontinue after that time, a pro-rated refund at our single session rate will be given.

Our Rates:

Our three-month packages include personal, couples, family, teen, business/career coaching and range from \$1200- \$2,800.

[Schedule a call](#), text [262-373-8254](tel:262-373-8254) or [email](#) to begin.