



# COACHING PROGRAM

## 6 Month Empowerment Journey

This coaching program is designed to elevate every facet of your life to begin fostering long-lasting change. Dive deep into self-mastery, resilience, and goal attainment, ensuring a holistic transformation that empowers you to reach new heights.

My mission is for you to find the energy and clarity you need to step toward the life you know you're meant for! I am here to help you achieve your greatest potential by harnessing the power that is already inside you. We will take the journey inward together and I will help you discover what the next best steps are. As we work together you will gain clarity, new perspective and get the energy to take inspired action toward your goals.

Our sessions will be used to tackle the most important topics you're grappling right now, and we will leverage proven tools to help process things together to get you on the path you've been envisioning.

I have personally experienced the power of coaching and the influence it can have on the trajectory of your life and work. I'm so excited that you're taking this step in your development. Thank you for considering me as your coach!

### Here's what you'll get!

- **10 x 90min individual coaching sessions every 2-3 weeks.**
- **Sessions will be interactive, and you may have some homework to complete that will prepare us for a productive session.**
- **This will be a dedicated safe space to get clarity on where to go next, then together we will create an action plan that you can step into with confidence and accountability.**
- **I will leverage a toolkit of resources as we move through your sessions to lead you toward a high-performance life.**

**Program Cost: \$4,500** (monthly payment options are available)

*\*If you would like to talk to someone I've coached, references can be made available upon request!*



**Adrienne Jamail**

Adrienne.Jamail@gmail.com  
ElevateHighPerformanceCoaching.com

734.752.0957