



Emotional Focus (+Spiritual Growth Coaching)

Inspired4Living's *Emotional Focus* coaching offers support for women who need to identify and remove barriers that hinder or frustrate their emotional healing and life transformation efforts. You also have the option to focus on spiritual growth along with emotional healing.

God wants you completely healed so you can live the blessed life He intended for you according to *Genesis 1:26-28*. As you transform your life, you will become like the *virtuous woman* referenced in *Proverbs 31:10-31* where all areas of your life are balanced and prospering.

At Inspired4Living, we pursue emotional healing **God's way**, so you can “*be healed, be transformed*” to be who God predestined you to be.

Coaching Plans & Sessions

Coaching Payment Plans

- For each payment plan, you have the option to pay in full or make 3 monthly payments (first payment is due at the time of purchase):
 - **DIAMOND** - 4 sessions per month
 - **EMERALD** - 2 sessions per month
- **+NEXT Coaching Extensions** (extends your coaching for additional 3 months):
 - **SAPPHIRE** - 4 sessions per month
 - **AMETHYST** - 2 sessions per month
- Each plan will expire **3** months from the start date selected at the time of payment.

Coaching Sessions

- Each session is about 45-55 minutes.
- All coaching sessions are held virtually through Zoom Video Conference. (There will be opportunities to offer in-person coaching in the future).

Additional Sessions

- You have the option to schedule additional coaching sessions outside of your plan.
- There is a separate charge for each session that is due at the time of booking.

- These sessions should only be scheduled as needed, not on a reoccurring basis.

Post Coaching Extensions

Optional +NEXT Coaching Extensions

- After you complete the 3-month *Emotional Focus* Coaching plan, you have the option to continue your coaching.
- There are **5** coaching extension options available: *Emotional Focus*, *Spiritual Growth*, *Physical Health*, *Core Life Focus*, and *Life Balance*.
- Each option is offered in 3-month increments.
 - Multiple extensions should not be scheduled during the same time (complete one before beginning the other).

Coaching After Care

- After you've completed your coaching plan(s), an optional 30-day follow-up can be scheduled to provide feedback, ask questions, or give updates.

Coaching Extras

Each new client receives a book, workbook, and journal to use as a guide and tool during your coaching process with Inspired4Living.

After completing 3 months of coaching, you will receive a certificate as a memento and a visual reminder of the progress you've made in your emotional healing and life transformation journey.

Questions

If you have any questions, please email Kenisha at inspired4livingcoach@gmail.com or send a chat message through kenishawise.com.