

A
Taste of
Life Coaching

with
Mandy Kotzman Ph.D., Certified Life Coach



~ Menu ~

Delivery service available in most areas
Arrange by email and I'll call you

Special Seasonal Deals!

~ Snacks ~

Grab brief coaching sessions to boost your energy when time is short.

Use 10-15 minute coaching calls to:

- * Keep on track
- * Celebrate wins
- * Debrief
- * Prioritize
- * Share

Sample the power of partnership!

~~\$25/30~~ **\$20** per serving

~ Appetizers ~

When you want a light top up, these coaching sessions can reinvigorate, nourish and satisfy.

25-30 minute coaching calls offer:

- * All that snacks offer, and more ...
- * Time to reflect and plan
- * Support
- * Brainstorming
- * Reality check
- * Motivation

Sustain your purpose in life!

~~\$45/50~~ **\$35** per serving

~ Main Courses ~

Substantial, hearty and satisfying. The real meal deal. Full service coaching to satisfy the biggest appetites. Time to dig deep and enjoy big rewards.

With hour-long coaching calls you can begin to:

- * Determine and clarify your goals
- * Generate focus/clarity
- * Pursue self-discovery
- * Generate ideas and strategies
- * Be accepted and accountable
- * Accomplish things you never thought possible

Feed your desire to realize your potential!

~~\$99~~ **\$85** per serving

~ Desserts ~

Celebrate the sweet taste of success. Appreciating our achievements can enhance our strength.

Take 10-15 minutes to:

- * Acknowledge your successes
- * Use the energy they generate
- * Envision the next success

Savoring your successes is empowering!

~~\$25/30~~ **\$20** per serving

~ Hungry for ... ~

- * Encouragement
- * Interest
- * Curiosity
- * Support
- * Empathy
- * Intuition
- * Energy
- * Listening
- * Brainstorming
- * Celebrating
- * Articulating
- * Clarifying
- * Challenging
- * Acknowledging

Life Coaching is all about you
Your choices. Your agenda. Your satisfaction.
Design the meal to suit your appetite.

~ Finding the Feast ~

Your host:

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