



# STRESS TO STRENGTH

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**FOUNDER OF THE**

# Coaching Program Stress to Strength 5 - Step System

*3 Coaching Packages  
1, 3, or 6 months*



## **TAKING YOU THROUGH THE TRANSFORMATION**

Our proven 5 - step Stress to Strength Program takes you by the hand and together we look at stress factors and work from a sub-conscious to a conscious level.

With the 5 vital steps for a sustainable life, you will take charge, have better options and coping strategies to achieve a better quality of life.

# Going from Stress to mental Strength

HAVE YOU NOTICED  
HOW HARD IT IS TO  
DO IT ON YOUR OWN?

Without a proven system to  
guide you, it is easy to fall  
in the same trap, over and  
over again.

Find a solution that works!



Contact information  
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# The Advantage of Accountability

## WITH STRUCTURE AND A CUSTOMIZED APPROACH

The highest achievers understand the importance of having a personal coach to transform sabotaging behavior on a subconscious level to alleviate stress.

Becoming aware of our blind spots, stress factors, gaining better coping skills and help to implement and integrate is what we do.

You will gain a better quality of life!

### Stress to Strength 5 Step Program



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# Brief Overview of Coaching Packages

1/3/6 MONTHS

- Commitment & Engagement
- A first explorative Zoom call
- 1 session a week over Zoom
- 1 weekly check-in through text or short 5 minute call
- 1 emergency call when urgent coaching is needed
- Templates
- Coaching happens Monday-Friday

Book a free call to see how we can work together!

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