



#### **FOUNDER OF THE**

# Coaching Program Stress to Strength 5 - Step System

Stress Strength

#### 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 subconscious 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
fiahobbs@gmail.com
www.fiahobbs.com



### The Advantage of Accountability

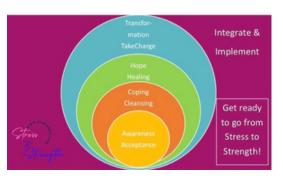
#### WITH STRUCTURE AND A CUSTOMIZED APPROACH

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 VIP Coaching APPLICATION ONLY

- 6 months engagement
- A first explorative Zoom call
- 4 sessions a month, 24 in all over Zoom
- Several weekly check-ins through text or short 5 minute calls
- 2 longer sessions where we go deeper on some of the topics
- 4 emergency calls when urgent coaching is needed
- Templates
- Coaching happens Monday-Friday
- Your commitment

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

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Fia Hobbë

