

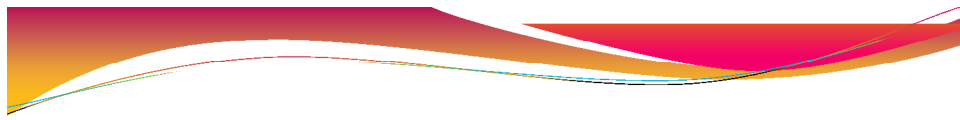
Doorways...Get Started...FAQs

*My goal in life is to live out the truest expression of myself
as a human being.* - Oprah Winfrey

Kindred spirit, soul sister ... to me ... and many on a consciousness-raising path

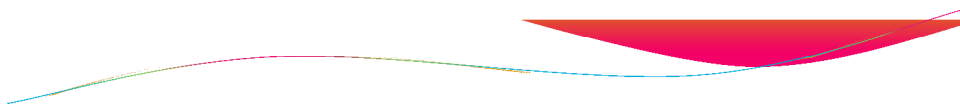
Growing awareness . Personal growth . Professional
development . Purpose and meaning . Soul work

Catalysts:



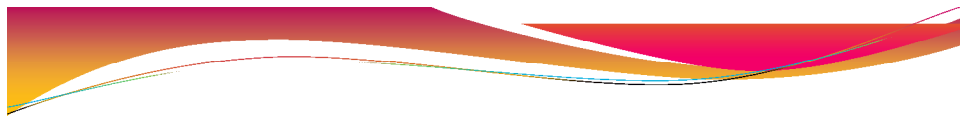
Catalysts ... to a coach

- Something is not working, fitting, or feeling good
- Tired of doing it alone; support feels so much better
- Need to talk, confess, sort things out, be heard, get an outside perspective, an expert perspective, advice
- Stuck, want more, in transition, have a dream or calling
- Beliefs, relationships, confidence, money, meaning, *foundations*, are shifting
- *Top 10 Places to Start with a Life Coach* (Handout)



Doorways ... Get Started

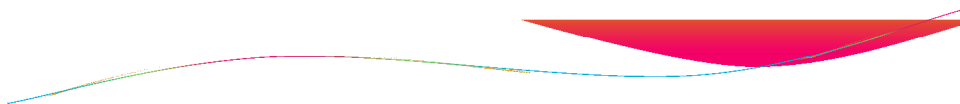
- **Referrals** – You know great people (like you are)— friends, colleagues, relatives, associates—going through something I could help with
 - \$10 Referral Bonuses
- **FREE downloads** at WonderSpirit.com
 - *Get-Started Packet*
 - *Quality of Life Survey*
 - \$20 Gift Certificates (set of two)
- **PRIVATE**, Personal, Confidential, exclusive one-on-one's
 - Sort-Things-Out Sessions
 - Personal workshop (Pick the topic; you get it personalized plus)
 - Private retreats (Half-day and full-day, customized)
 - Memberships ** (Best value, monthly continuity, motivation, support, feedback)



More doorways ...

— GROUPS

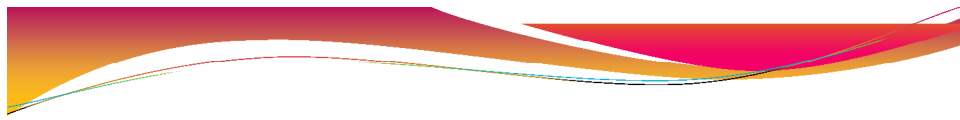
- *Love-Your-Life* Classes
 - And Class Packets and Personal Workshops
- *Own-Your-Power "O"* Groups
- *Modern-Day-Goddess Club* (coming soon)
- *Goals and Dreams* Mastermind Clubs
 - New Year intentions
 - Connection, collaborators, focused support circle



FAQs

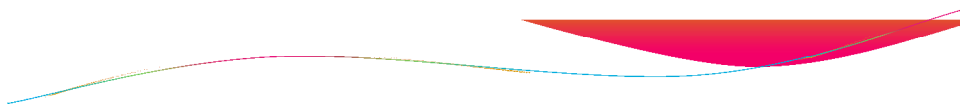
— Difference between a FREE session and a PAID session?

- FREE Session
 - An interview, usually shorter (Think of a doctor or an attorney or other service professional you're interviewing.)
- PAID Session
 - The topic and the focus is what you came to me for ...listening, information sharing, resources, strategizing, connections, inspirations, very specific to you.



FAQs (cont'd)

- **What if money is an issue?**
 - There is always a way to get what we need and want.
 - Money has to be part of the exchange. ...(heat, rent, food, supporting the people and the services you desire and love)
 - Maybe it doesn't need to be all of the exchange.
 - That's a conversation you'll work out together.
 - Most coaches have products and services in multiple price ranges.
- **Giving back – *Community, causes of the heart***
 - Elmbrook Humane Society, Alverno, 180 Program



Recap

My goal in life is to live out the truest expression of myself as a human being. - Oprah Winfrey

... and to help others do that also. - Anne Wondra

Anne Wondra – Soul coach

WonderSpirit Coaching | www.WonderSpirit.com

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