



Six Months | Six Women | Six Tools for Creating Your Desires

### **Summary**

Exceptional Women was created for 6 women who are ready to ignite their desires and dreams, and achieve financial growth and happiness. This group is for women who are wanting more ease, freedom and flow in their everyday experiences and who aren't afraid to try new things, open up their heart and explore the possibilities that are available for them. Specifically this program is designed to provide you with the support, guidance, and tools you need to break free from limiting beliefs and create the life you truly desire. Whether you are looking to start a new business, improve your financial situation, or create more joy and fulfillment in your life, this coaching group is intended to help you get there.

### **Content:**

There are six major areas we are going to explore- these are foundational and fundamental to creating what you want: A six-month coaching program can be an excellent way to create more desire, dreaming, happiness, and a healthy money mindset. Here's an outline for the program:

#### Month 1: Setting Goals and Building Habits

During the first month of this coaching group, we'll focus on setting realistic and achievable goals that align with your values and priorities. We'll also work on building habits that support those goals, such as daily journaling, meditation, or exercise.

### Month 2: Mindset and Self-Reflection

In month two, we'll focus on mindset and self-reflection. We'll explore limiting beliefs and negative self-talk and work on developing a more positive and growth-oriented mindset. We'll also practice self-reflection techniques to help you gain greater self-awareness and insight.

### Month 3: Visualization and Manifestation

In month three, we'll dive into the power of visualization and manifestation. We'll practice various visualization techniques to help you get clear on your goals and attract abundance and success into your life.

### Month 4: Money Mindset

In month four, we'll focus specifically on developing a healthy money mindset. We'll explore any limiting beliefs or fears you may have around money and work on developing a more positive and abundant mindset.

### Month 5: Joy and Gratitude

In month five, we'll shift our focus to creating more happiness and gratitude in life. We'll work on developing healthy practices that support your most fulfilled and joyful life. We will explore gratitude and how expressing it internally and externally can unlock a new level of abundance.

### Month 6: Reflection and Celebration

Finally, in month six, we'll reflect on your progress and celebrate your successes. We'll also work on developing a plan for how you can continue to build on the momentum you've gained through the program.

### **Group Details:**

- Max of 6 females
- in person and virtual

## Program Includes:

- Ten Group Coaching Sessions virtually by zoom at 2 hours each
- Two Live Group Intensives at the launch and completion in Tacoma, WA (travel and lodging not included)
- Two 1:1 Individual Strategy Sessions at 75 minutes each to use as desired through the program
- Weekly Accountability Report to keep you on track
- Action Assignments and Implementation as needed to support you in your goals
- Unlimited Coaching support and community sharing via Slack Channel
- All materials, resource guides, tools, handouts etc
- ...And more surprises

**Dates:** All Dates are on a Tuesday in pacific time zone

Session #1 January 9th   Live In-Person Group Intensive 9AM to 5pm	Session #7 April 9th   10am-12pm
Session #2 January 23rd   10am-12pm	Session #8 April 23rd   10am-12pm
Session #3 February 6th   10am-12pm	Session #9 May 7th   10am-12pm
Session #4 February 20th   10am-12pm	Session #10 May 21st   10am-12pm
Session #5 March 5th   10am-12pm	Session #11 June 4th   10am-12pm
Session #6 March 19th   10am-12pm	Session #12 June 18th   Live In-Person Group Intensive 9AM to 5pm

**Fee: \$4,675**

**Payment Plan \$5,000 [ deposit \$2000, 2/1/24 \$1500, 4/1/24 \$1500 ]**

### **Testimonials**

“Katie’s coaching was one of the first big investments I made in my career. Last summer I took a big chance and went out on a limb to participate in Katie's Adventure Group. Although I work with an amazing therapist, I had never invested in personal coaching at that level before. It was such an eye-opening experience and one that I hope will be the pebble that creates the ripples of change I hope to see in my future. During the days of coaching, I unearthed a long-lost dream of mine and have since been taking steps to pursue it in a way I never have before. One year later and I am about to embark on a writing adventure in Scotland that I may not have had the courage to take, both literally and figuratively, without the insight I gleaned from that coaching trip.

In addition, Katie has always been an encouraging and confident cheerleader of my work in the skincare and wellness industry. She has been instrumental in showing me what is possible as a business owner.”

**Olivia Grace**

**Olives Grace Aesthetics**

