



FEARLESS WELLNESS LLC

BRINGING HEAL BACK TO HEALTHCARE

If you don't know where you are going, how will you know when you get there?

For a Limited Time Only – Nurse Practitioner Summit Coaching Offer

A 50% discount for Summit attendees = \$300 (a \$600 value)

- 1 90-minute discovery session
- 2 45-minute follow up coaching sessions



Sign up by December 16th, start by February 1, 2019

It comes down to Biochemical Individuality

We are each products of our DNA and epigenetics. What happened in our parents and grandparents lives, and in our own, including emotional, physical- chemical and biological, all impact our cells and our health.

What is Your Size?

I help you identify what is working and what could benefit from a change; together, we create a plan to move forward—big plans start with small steps.

How do I do this? Using decades of clinical experience and integrative health coach training, we find the spots in your self-care that could be improved. I support YOU identifying and then determining where you want to start.

Coaching is done via phone or Zoom- your choice. We will work out a time and day suitable for us both.

The Package: Coaching Jumpstart

Discovery Session (90 minutes):

Exploring all aspects of your health: mindfulness, movement, nutrition, professional and personal development, environment, rest, mind body/spirituality. At the end of this session, I invite you to set a SMART Goal or two—with achievable steps.

Sometimes major changes are needed, or simply tweaking where you are- only you can decide this. When we are overwhelmed we can develop circular thinking. Coaching helps you to move forward.

Follow-up Coaching Calls (45 minutes):

Following the Discovery Session, we will set a time for first of two follow-up coaching calls. During these calls we discuss where you are, what you have learned, and next steps.

The life changes that happen with coaching occur outside coaching sessions. During follow-up sessions, we review priorities you identify. As your coach, I help YOU find the answers you have inside.

With coaching, you set the agenda.

My Goal: Help YOU find the keys to rekindle the spark of joy that drew you to become a Nurse Practitioner.



Click to Book Now

(www.fearlesswellness.com/npsummit)

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