**Coaching Program Outline**

**SET FREE (1) – HEALTHIER RELATIONSHIPS IN 90 DAYS**

**Module One:  Have A Better Relationship With Yourself Starting Today**

1.     Is Your Mind Playing Tricks on You?

2.     Self-Care Isn’t Selfish

3.     Stop Stressing Out – Six, Simple Strategies

**Module Two: Don’t You Want Guilt-Free, Fearless Connections Now?**

4.     Find Out The #1 Secret To Overcome Fear of Rejection Before It’s Too Late

5.     How To Stop Saying Yes When You Want To Say No Guilt Free

6.     At Last, An Easy Way to Set Limits

**Module Three: You Too Can Break Through Painful Patterns**

7.     How To Stop Control From Stopping You

8.     Why Everything You Thought You Knew About Conflict Is A Lie

9.     Four Keys To Shed Your Shame

**LIVE FREED (2)-From Hurting to**

**Whole in 90 Days**

**Module Four: Trauma of the Mind**

10. Mistakes Are Like Monsters

11. Memories We Mind

12. You Are What You Think

**Module Five: Turmoil of the Heart**

13. Feelings Aren't Facts

14. When The Hurt Won't Heal

15. You Are What You Feel

**Module Six: Your Body Keeps the Score**

16. Counterfeit Comforts

17. Tithing Your Temple

18. You Are What You See

**Time to Soar (3)-Your Purpose &**

**More in 90 Days**

**Module Seven: Seven Steps on Your Path to Purpose**

19. Permission & Prayer

20. Personality

21. Passions and Pleasures

22. Pains

23. Positions

24. People

25. Godwhy

26. Mission Defined