

WELLBEING COACHING

Are You Ready To Invest In A Permanently Brighter Future?



I am accepting 4 new coaching clients!

Are YOU one of my new clients??

I am now autoimmune-free and cancer-free and feeling better than I have in 20 years. I'm SO ready to fulfill my purpose of helping YOU now. I am now accepting NEW coaching clients for the first time in several years. Are YOU one of my new clients??

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COACHING WEBSITE

www.ShannonLea.guru

2

WELLBEING WEBSITE

www.AutoimmuneFoodie.com

3

AUSTIN WEBSITE

www.AustinMuscleRestoration.com

Do you want to make healthy behavior changes but you can't seem to get started or you keep starting and stopping?

Are you determined to get healthy but with so much information out there, you don't know where to start?

Do you wish you knew which of your values and personality traits could help you on your journey to wellness?

Do you feel there are not enough hours in your day? or Do you need help prioritizing? or

Do you need to edit negative self-talk and stressful activities from your life? Do you need help learning to say no and learning how to remove negative people from your life people, or at least learning how to best navigate around important people in your life who are having a negative impact on your wellbeing?

Do you yearn to identify your deepest purpose and live a life with meaning - to even turn your suffering into a blessing?

About my Coaching Practice

Hello everyone, I have exciting news: I am accepting 4 new coaching clients this fall!

It's been a few years since I accepted new clients, but I'm autoimmune-free, cancer-free and feeling better than I have in 20 years! So if you are looking for a life or health coach and you are ready to make profound changes in your mental and physical wellbeing, read on!

- Do you want to make healthy behavior changes but you can't seem to get started or you keep starting and stopping?
- Are you determined to get healthy but with so much information out there, you don't know where to start?
- Do you wish you knew which of your values and personality traits could help you on your journey to wellness?
- Do you feel there are not enough hours in your day? Do you need help prioritizing? Do you need to edit negative self-talk and stressful activities from your life? Do you need help learning to say no and learning how to remove negative people from your life people, or at least learning how to best navigate around important people in your life who are having a negative impact on your wellbeing?
- Do you yearn to identify your deepest purpose and live a life with meaning - to even turn your suffering into a blessing?
- Are you ready to invest in a permanently brighter future?

If you said yes to one or more of these questions, I may be the coach for you!

- So often people know what behaviors they want to change, but they just can't seem to make those changes. Coaching can help you remove roadblocks such as identifying hidden fears, negative self-talk and resistance from others that may be holding you back.
- With so much health information available, it's hard to know what diet to choose, what products to invest money in, which health leaders to follow? Coaching can help you discern the path that's right for you.
- We all go about achieving goals differently. Coaching can help you determine a Values hierarchy that you can use to make important decisions, as well as what personality traits will help you authentically accomplish your goals. For example, being empathetic or disciplined or adaptable will lend to getting to an outcome in very different ways. Don't try to be somehow else. Learn how to be the best you.
- The majority of people are over scheduled and sacrificing sleep and self-care. Coaching can help you prioritize your life and live more by design and less by reaction.
- Stress is a major factor that negativity impacts health. Coaching can help you edit negative people, thoughts and activities from your life.
- Life requires purpose. Coaching can help you define your purpose and start living an authentic life.

Who do I Coach?

- I am an experienced life and health coach and I can coach you on any life or health goals. I have been a practicing psychologist, a global Fortune 500 trainer and manager, and a successful life/health/relationship/entrepreneurial/career coach. I hold 2 life and 2 health coaching certifications. I bring 24 years experience working with people to our relationship. My expertise includes: keto diets, cancer diets, Wahls protocol, Bulletproof Diet, biohacking, strengths and values, health restoration, sleep hygiene, meal planning, gluten/dairy/sugar free living, food intolerances, career change, pantry stocking, meal planning, relationships, communication, living with cancer/autoimmune/chronic illness, influencing, decision making, personality traits, identifying fears, meditation, stress reduction, exercise, prioritization, healthy products, authenticity, entrepreneurship, career change, identifying purpose, living by design and having the right mindset to heal. I also coach coaches.
- In short, I coach people who are ready to make big life changes and are willing to invest in themselves.

Who do I not coach?

- I am not an accountability coach: I'm not going to tell you what to do and hold you to it. That's me taking control of your life. I believe you are capable of your own behavior changes. A successful coaching relationship will result in your authenticity and permanently changing your behaviors.
- I don't coach the helpless: I'm not going to do it for you. I believe you are capable of accomplishing what you desire. Our coaching relationship will last 10 weeks in which you will experience profound insights that will change the way you approach life forever. A successful coaching relationship will result in your ability to make and implement mind and behavior changes for the rest of your life, not just for our 10 weeks together.
- I am not a doctor, a psychic or a therapist: I don't address specific health issues, I don't advise on medication or supplements, I don't review lab report or genetic reports, I don't pretend to know what decisions are best for your life, I don't address depression, anxiety, past life trauma or other mental health issues. (I am happy to discuss general health and wellness information, but I cannot take the place of a doctor. Also, there is nothing wrong with having anxiety, depression, addiction, suicidal thoughts, helplessness, past trauma or any other mental health issue. As a coach, I am simply not able to help. I urge you to find a qualified therapist to address these issues. I personally have a therapist and urge you to hire one if needed. Of course, having chronic illness can create sad emotions and frustrations which may come up in coaching, which is normal. But if I feel you need therapy before participating or continuing in coaching, I will have to decline accepting you as a client or I will have to discontinue our coach relationship).



How does coaching work?

So are you ready to invest in the future you desire?

Here is how coaching with me works:

- All coaching sessions are via **Skype**.
- All coaching sessions are one hour per week for **10 weeks**.
- All sessions take place on **Wednesdays** starting **September 4th and ending November 14** (skipping 10/30). We can discuss the time that works best for you.
- Coaching fee includes 2 personality assessments, which must be completed prior to September 1st. These will identify your Values and Strengths.
- To secure your coaching spot, let me know that you want to sign up. I will send you a coaching form to fill out and return. I will review your form and possibly schedule you for a free coach discussion if needed. If I feel I am the appropriate coach to help you achieve your goals, I will send you an Invoice for payment. Upon payment, you will be one of my 4 new coaching clients! The first 4 clients who sign up will be accepted, as long as I feel I am the appropriate coach for your goals.
- The 10 sessions are pre-paid and cost is **\$3000**. I am offering a one time **discount of \$750!** This means that for my first 4 clients, your 10 session cost will be **\$2250**. I am offering this only once in exchange for your help: I would like your feedback at the end of your 10 sessions as to (1) was 10 sessions the right length of time? (2) Did the Values and Strengths assessments contribute positively to our discussions?(3) Did you find that your investment of time and money was a great value compared to what you gained from coaching? (4) What additional feedback do you have for me?
- Please note that you may discontinue coaching at any time. However, I do **not** offer refunds.

Do not think of this as a certain fee per hour. This is your investment in yourself. Our work together will fundamentally change how you make decisions, communicate, interact with others, and behave for the rest of your life. Our goal together is for you to learn how to change your mind and behaviors forever. Not for me to simply “hold you accountable” for weekly behavior changes for 10 weeks. If I do my job, you won’t need me anymore after 10 weeks! (However, I do have clients who like to schedule additional coaching sessions every few months. We can definitely arrange this is desired).

Please note that “Christian” coaching is available by request. (In other words, if you are a Christian and want faith to be part of our conversations, just ask!)

Are YOU one of my 4 new clients??

So, are you one of my 4 new clients??

This offer ends when the first 4 clients have been accepted and have paid the coaching fees.

So get your goals together and let's get started!

If you cannot coach with me now, don't worry! I will be accepting an additional 4 new clients in January of 2020.

And stay tuned: I am also offering a life-changing group online course coaching course in 2020!

Who wants to get started?!



HOW TO FIND ME TO LEARN MORE

Please visit my Coaching website

<https://www.ShannonLea.guru>

Please visit my Wellbeing website

[https://
www.AutoimmuneFoodie.com](https://www.AutoimmuneFoodie.com)

Please follow me on Social Media

Facebook & Instagram
@AutoimmuneFoodie

REQUEST TO BE A CLIENT

Please email me

Shannon@AustinMuscleRestoration.com