



90-Day Intensive



STRUCTURED 3-MONTH COACHING EXPERIENCE

The 90-Day Intensive is a structured three-month coaching experience for individuals who are ready to go beyond addressing an immediate problem and begin creating meaningful, sustainable change. We meet bi-weekly over the course of 90 days, with weekly text or email check-ins to provide additional accountability and support between sessions.



WHAT THIS INCLUDES



- ✦ Bi-weekly private coaching sessions for 90 days
- ✦ Weekly text or email check-ins
- ✦ Personalized Vision-to-Action Plan
- ✦ Support around immediate, short-term, and long-term goals
- ✦ Custom worksheets, exercises, and coaching resources
- ✦ Access to exclusive courses and lessons
- ✦ Mindset development, emotional awareness, confidence-building, discipline, faith, identity, and personal growth resources



BEST FOR

Best for clients who are ready to move beyond insight and begin creating focused progress, structure, and meaningful transformation with accountability.

✦ START THE INTENSIVE ✦