

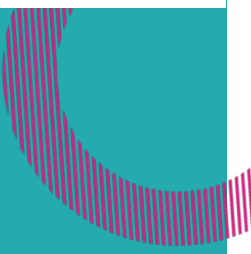
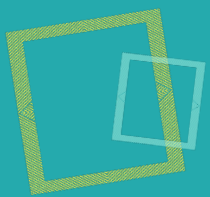


*Break Out!*

*Break Through!*

*Michelle*  
FRANCIS

LIFE COACHING PACKAGES  
FOR WOMEN





MY LIFE  
COACHING  
FOR WOMEN  
INCLUDES  
THREE  
EXCLUSIVE  
PACKAGES

*Break it in/  
Icebreaker*

3-MONTH COACHING

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*Milestone  
Chaser*

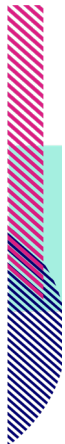
6-MONTH COACHING

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*Make Me  
Whole*

12-MONTH COACHING

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# *Break it in/ Icebreaker*

## 3-MONTH COACHING

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Welcome aboard! In this 'starter' package, we sit down to take a breather and re-energize, refresh, recharge and re-focus towards your life and career success goals. Spanning over 3 months of one-on-one consultations, we will go through practical drills to help you forge a clearer career path and life goals; to build the foundation tools necessary to thrive, flourish and move forward in each area of your work life, as well as your personal and emotional life.

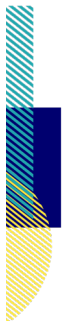
### WHAT THIS PROGRAMME IS ABOUT

Each one of us has a story from which beliefs stem such as what we can or cannot achieve. I'll show you how you can control the narrative and be the author of your own story - helping you define goals and build the foundation for professional joy, satisfaction and ultimately, success at work and especially in life. We'll talk about the steps necessary to achieve the life goals you've dreamt of achieving but always had something holding you back. My 3-month action plan will show you the practical steps you can take to achieve this.

We will meet for 1 hour twice a month to go over specific fail-safe practices to ensure that you are investing your time where it truly counts. You'll have your own internal toolkit for staying on the path to success. You'll know how to bounce



back faster from setbacks and use them to your advantage. By the time we're done, you will come out more prepared, resilient and in control than ever before.







## *Milestone Chaser*

### 6-MONTH COACHING

This is a comprehensive and rather intensive course spanning across six months where you'll have the skills, support and tools needed to completely rewire your mindset, and your narrative for success in life and your career. More importantly, I'll show you how to shun the "I'm not good enough" mindset permanently and rework your strategy more towards perpetual progress.

You'll discover your inner leader- a leader in your personal and professional life, a leader at making decisions, a leader at leading, and be that every day to create the life you want! Plus, you'll learn the techniques necessary to improve and manage energy as well as motivation levels. This is what I like to call the power zone - you're now in the driver's seat! It's an intimate package that will supercharge not only your business but also you and your personal life.

### WHAT THIS PROGRAMME IS ABOUT

We will delve a lot deeper into how our own beliefs and narratives can hold us back from performing at our absolute best in life. These personal narratives can revolve around confidence, success, power, money, etc. Your beliefs can either push you forward or hold you back from achieving what you truly desire.

We will meet for 1 hour every week and we'll chalk out your life and business goals and set a clear path to achieving them both. We'll talk about the behaviours, thought patterns and practical measures required to achieve these goals and stay in that 'success mindset'. During the last stretch of the programme, we'll focus more on your well-being and finding practical approaches needed to achieve a near-perfect work & life balance. You'll feel more powerful, resilient and in control than you ever imagined, and you may even be surprised at what you can achieve in life with a shift in mindset!



# Make Me Whole

## 12-MONTH COACHING

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You've indeed come a long way! This is the ultimate coaching for the serious woman, leader and entrepreneur who is no stranger to success and substantial change. With my ultimate 12-month guidance and support package, you have the highest degree of dedicated coaching for a whole year, which will help you stay motivated and accountable, so that you continue to meet goal after goal, not just in your career but in all areas of your personal life.

### WHAT THIS PROGRAMME IS ABOUT

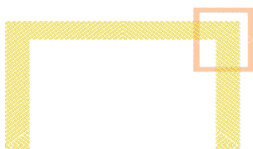
With in-depth and highly tailored coaching, we will go as deep as we need to into your goals, mindset, and strategy to come up with tailored life strategies, business plans and practices that help you reach the ultimate prize – whether it's attaining the work-life balance you've always wanted, building healthy relationships, or successfully starting your first or next business venture. You'll have so much clarity and confidence to achieve both short and long term goals, that you'll be making the right decisions like a true leader.

We will meet for 1 hour every week and during my working hours, you will have contact via text messaging, where I will draw on my experience in the workplace, leading teams,



working as a life and business management coach, business coaching expertise, research, and my first-hand experience with helping professional women overcome obstacles – I will help you manage all your time and energy towards developing that leadership mindset, so that you can finally start living the life you have always desired.

**Warning: we're really going to push the limits this time, so bring it with all you've got!**



# Michelle

COACHING & CONSULTANCY FRANCIS



## CONTACT

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