



DREAMNUTRIC™

Member
Information

Coaching OVERVIEW

Welcome to the beginning of a journey centered on growth, clarity, and meaningful change. As your Coaches, we are here to support you with thoughtful guidance and practical tools tailored to your goals and challenges. This section outlines how our coaching process works, so you can feel informed, confident, and prepared to make the most of our work together.



Step 1: Initial Consultation & Goal Setting

In our first session, we focus on understanding your goals, challenges, and priorities. Through thoughtful conversation and attentive listening, we clarify what matters most and define meaningful, achievable goals. This initial session lays the foundation for a personalized coaching roadmap aligned with your needs and direction.

Step 2: Personalized Coaching Plan

After the initial consultation, a personalized coaching plan is created to align with your goals, values, and real-life circumstances. The plan outlines key focus areas, action steps, and supportive tools to guide your progress. Each element is designed to keep sessions intentional and help you move steadily toward meaningful change.



Step 3: Regular Coaching Sessions

Each session is a dedicated space for reflection, insight, and forward action. Together, we explore strategies, address obstacles, and acknowledge progress. Sessions build upon one another, allowing the approach to evolve as you grow and stay aligned with your goals. Whether held weekly or bi-weekly, this time is intentionally set aside to support meaningful growth and transformation.

Step 4: Between-Session Work & Reflection

Growth continues between coaching sessions through intentional action and reflection. After each session, you may receive practical steps, reflective exercises, or journaling prompts to reinforce key insights. This between-session work helps maintain momentum and supports applying what you learn to everyday life.

Step 5: Progress Check-Ins & Adjustments

Progress unfolds in its own time, and regular check-ins give us space to gently reflect on how things are going. Together, we look at what feels supportive, what may need adjustment, and how life's changes are showing up along the way. These moments help us realign goals, refine next steps, and ensure the coaching continues to feel steady, relevant, and encouraging.



Step 6: Conclusion & Ongoing Growth

As you approach the end of your coaching package, we'll focus on consolidating your progress and preparing you for independent growth. Our final sessions will review the insights and skills you've gained, ensuring you feel confident moving forward. You'll leave our time together equipped with strategies, a deeper self-understanding, and the motivation to continue your journey beyond coaching.

What to Expect Throughout:

Throughout our coaching journey, you can expect a supportive, tailored experience designed to foster growth and transformation in a safe, welcoming space. Here's what you can look forward to:

- ✓ Confidentiality and Trust: Our sessions are a safe, confidential space where you can share openly.
- ✓ Active Support and Accountability: I'll be here as a guide and accountability partner, offering encouragement and insights to keep you focused and motivated.
- ✓ Continuous Learning and Growth: Coaching is a journey of self-discovery, and I'm here to help you uncover new perspectives and possibilities as we move forward.

Together, we'll create a meaningful and empowering coaching experience that sets you up for lasting personal growth, self-discovery, and transformation. This journey is yours to shape, and each session will bring you closer to the goals and insights that matter most to you. If you ever have questions about the process, new ideas to explore, or simply want to discuss your progress in greater detail, please don't hesitate to reach out. I'm here to support you at every stage, offering guidance, encouragement, and unwavering commitment to helping you create the life you envision.