



# Typical Coaching SCHEDULE

## Pre-Session

● UNDERSTANDING THE PROCESS AND WHY

## Sessions 1-2

● EXPLORING YOUR GOALS AND OUR PATH

Sometimes this can take more than one session and that's perfectly alright! Explore your needs and desires with Coach Aang so we can set up a great plan to move you toward your goals.

## Sessions 3-7

● MASTERING YOUR PRESENCE

One of the most important things you'll need to understand as a part of our coaching sessions is your ability to build and strengthen your neural pathways for reframing your mindset and sustained behavior change which starts with your presence.

## Sessions 8-15

● MASTERING YOUR MIND AND EMOTIONS

This is no easy feat and will require an understanding of mindfulness, psychology, biology and the habitual practices to focus your thoughts, actively choose positive thoughts, and create and sustain your mindset.

## Sessions 15-20

● MASTERING YOUR BEHAVIORS / HABITS

If you are successful in understanding and applying daily practices to find your own presence and clarity, then we will continue to build on the psychology and biology by adding in concepts of neurobiology and building new neural pathways for sustained change.

## Sessions 20 -24

● MASTERING YOUR COMMUNITY

As mastering presence, finding clarity, and sustaining behavioral habit requires dedicated daily practice, these practices can easily disappear from our life if we do not have a positive and supportive environment to encourage continued growth.

## FOLLOW UP SESSIONS

● SET NEW GOALS OR CLARIFY EXISTING

Sometimes we fall off our path and need help getting back into our daily practices. Maybe we hit a new roadblock, or the techniques we learned were not right and we could not sustain them, that's alright! If you want to explore these roadblocks or new techniques, your coach has several tools and techniques and we can find a good fit that will work for you in the long run!



Coaching  
with Aang