



# **Come Alive Services Coralee Kulman Come Alive Coach**

## **Overview of Services**

Sessions will be conducted by Coralee Kulman, Certified Life Coach and Neuro-Linguistic Programming Practitioner. The sessions are conducted at Coralee Kulman's office, a facility of the client's choosing, or by the Zoom online program. Fees are due prior to the start of services. A contract for payments is also offered.

### **1. Personal Empowerment Program® – \$ 1750 for Individual -- \$2450 for Couples and Families**

- **Six 60-minute sessions**
- **Aha! Moments written recap of each session**
- **Content**
  - ❖ Define goals and desired changes.
  - ❖ Explore negative and limiting issues regarding beliefs, people, and events.
  - ❖ Learn how to reframe negative or limiting issues.
  - ❖ Create your personal solution-finding process.
  - ❖ Tools to use
  - ❖ Rate each aspect of your life and look at how to level up, if necessary:
    - Home environment
    - Personal growth
    - Fun and leisure
    - Career
    - Health
    - Money
    - Significant other
  - ❖ Rate each component of coming alive and look at how to level up, if necessary:
    - Emotional strength
    - Mental focus
    - Physical well-being
    - Spiritual awareness
    - Relationship connection skills
    - Spiritual awareness
    - Manifest your dreams
  - ❖ **Wrap-Up**
    - What are you here to learn?
    - Discussion about “parts”
    - What does Coming Alive look and feel like to you?
- **Materials**
  - ❖ 1<sup>st</sup> handout after free discovery session – A New View of Challenges
  - ❖ 2<sup>nd</sup> handout after first session – Components of Coming Alive
  - ❖ 3<sup>rd</sup> handout after second session – Personal Solution-Finding Process

- ❖ 4<sup>th</sup> and 5<sup>th</sup> handout after third session – Affirmations and Visualizations
- ❖ Mid-Sessions check in for questions or concerns (text, email, zoom your choice ... in evening)
- ❖ Resources

## 2. Get Clear & Master -- \$1000

- **Three 60-Minute Sessions**
- **Aha! Moments written recap of each session**
- **Content**
  - ❖ Discuss goals and desired changes.
  - ❖ Mid-sessions check in (text, email, Zoom – your choice)

### **DO YOU WANT TO END:**

- Fighting your mind?
- Feeling uncomfortable in social situations?
- Feeling fears of rejection?
- Not able to be yourself?
- Feeling you need a big purpose?

### **DO YOU WANT TO START:**

- Feeling hopeful
- Recognize your blank spots
- Get rid of what's getting in your way

## 3. What Do You Want? -- \$1000

- **Three 60-Minute Sessions**
- **Aha! Moment recap of each session**

### **WHAT IS YOUR HEART YEARNING FOR:**

- ❖ Abundance/Prosperity – Are there childhood experiences getting in your way?
- ❖ Character Traits/Behavior – Have you labeled yourself?
- ❖ Creativity – Are you creating the life you want?
- ❖ Home Environment?
- ❖ Life's Work and Purpose – What is your passion?
- ❖ Social Comfort – Do you have a “tribe”?
- ❖ Time Management – Are you stressed or have an orderly life?
- ❖ Relationships – What do you believe about people close to you and are you addressing it?
- ❖ Letting go of the past?

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