

Living Life Out Loud Program

- Do you want **more** out of life?
- Do you want to be **happier**?
- Do you want to have more **excitement** in your life?
- Do you want to **smile** and **laugh** more?
- Do you want to **achieve** your goals with accountability?
- Do you want a **plan** so you are no longer “lost” in life?

Are you ready to live life out loud?

Now it is time for you to take action and create the life you have always wanted. The opportunity is now here!

“Life is not about finding yourself. Life is about creating yourself”

~ George Bernard Shaw

How do you do this?

We work together twice a month on the phone to:

- Develop personal skills
- Listen to our dreams
- Create solutions
- Overcome obstacles
- Set goals
- Achieve successes
- Take action
- Have FUN!

It is a monthly program where you enjoy the journey with like minded individuals and are able to move forward from session to session. Each session is a new topic to help you develop more in a current area in your life.

There are **NO** steps! It is a process, **YOUR** process.

Frequently Asked Questions:

When does the program meet?

We meet the 1st and 3rd Thursday evening of the month @ 8pm EST. This gives you time in-between calls to put things into action. You will receive a reminder about the call with the access code 24 hours before.

What are the topics?

At the beginning of each month, you will receive information on that month's topic.

Topics for each month have a theme and relate right back to your own personal life so you can apply the discussions and activates immediately.

What if a miss a session?

No big deal. Each session is a stand along approach. You will not be held back in anyway. PLUS at the end of every session, a summary is sent out to inform you on what took place and what activities you can do to apply the information.

Will we have fun?

We will have LOTS of fun. I promise it will be high energy and very positive experience. I hope you will laugh a lot. I love to laugh and I want this to be fun. We have too much in our lives seen as "work". This is something for you and I want it to be a treat because you are truly getting the time to change your life for the better.

Is there homework?

Well, yes. There is life work which is activities, reading, reflections you will do on your own. But it is not homework as there is no grade and you do not turn it in. It is created to support you in the process. You can choose to do it or not. It is all up to you.

What is the difference from one on one coaching and this program?

The program is set up to help you achieve more in your life as we move along. You are responsible to applying it directly to your life and building the connection to the action.

The program is a more structured approach to getting results in life but it is more self-directed. It requires you to be accountable as well as committed to making the changes.

What if I need help during the program?

You will be able to ask questions during the program and you will have a special email address to use during the program if you need support. Most people find they never need it. It is just a great way to celebrate and share your successes with me.

What is the price for the program?

This program is a **great value** at \$97 a month which is 75% off my monthly one and one coaching rate.

How do I sign up?

You just need to click here to get started! This will allow you to send email saying you want to join. Please include:

- Your Name
- Your Email
- And tell me why you are joining the program

[Click Here to get started!](#)

I have more questions!

Please feel free to contact me by [clicking here!](#)