

Your True Life Year of Growth

A Year of Growth. A Lifetime of Change.

What can one year of dedicated, strategic focus on your personal growth do for your life? How would you live each day differently if you could break free from the cycle of thoughts and patterns you feel stuck in today? This program is designed to meet you where you're at today! It provides you with year-long access to learning, support and tools in 3 conveniently packaged options. I have committed to come by your **SIDE - Support, Inspire, Develop and Equip** you to enjoy and share with others the life you were meant to live!

Imagine...

In one year from now, you had the ability to:

- Define Your Vision
- Live Life by your Values
- Build your Personal Brand
- Create your Personal Mission Statement
- Manage your Time & Energy
- Implement Work/Life Balance
- Manage your Self Talk and the Beliefs You Tell Yourself
- Improve your Listening and Communication Skills
- Gain mastery over fear
- Live without regret
- Discover your Passion
- Start Momentum and Sustain Growth.

MEMBERSHIP OPTIONS*

Silver Membership – Let's Get Started!

- Monthly teleseminars on groundbreaking topics
- Accountability group
- Group coaching
- Online Support Forum
- True Life Coaching Newsletters
- Life301 Class Offering – 50% discount
- Seminar/Summit offering – 50% discount

Cost: \$29.99/month (\$24.99/month if paid at once – a savings of \$60!)

Gold Membership – Let's Explore!

- DISC & PIAV assessments (personalized behavior and motivator profiles)
- Life 301 six-week class (discount offered for additional classes)
- One Seminar/Summit attendance
- Four Private Coaching Sessions with Shandel (30 minute phone calls)
- Group Coaching
- Monthly teleseminars on groundbreaking topics
- Access to online tools and resources (including DISC & PIAV independent study materials)
- Accountability Group
- Online Support Forum
- True Life Coaching Newsletters

Cost: \$89.95/month (\$74.99/month if paid at once – a savings of almost \$180!)

Platinum Membership – Let's Go Deep!

- Six Private Coaching Sessions with Shandel (One-hour phone calls)
- DISC & PIAV assessments (personalized behavior and motivator profiles)
- Life 301 six-week class
- One additional Class or Workshop of Choice
- Two Seminar/Summit attendances
- Group Coaching
- Monthly teleseminars on groundbreaking topics
- Access to online tools and resources (including DISC & PIAV independent study materials)
- Accountability Group
- Online Support Forum
- True Life Coaching Newsletters

Cost: \$179/month (\$149/month if paid at once – a savings of \$360!)

**All membership options require a year-long contract, with the first 3 months non-refundable. For Gold and Platinum memberships, a \$100 fee is associated with early cancellation.*