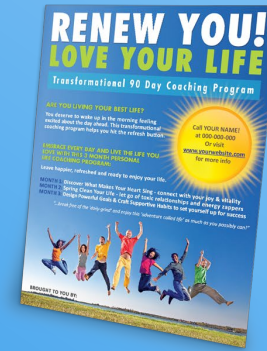
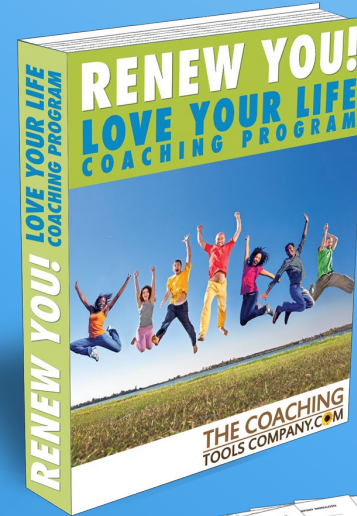




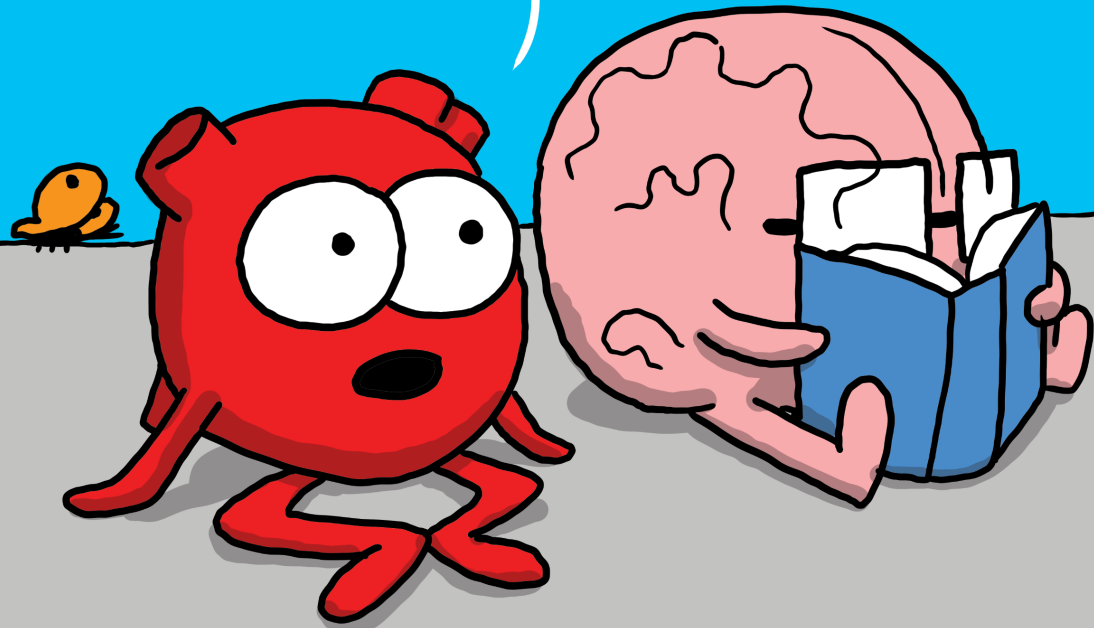
# Coaching Tools Clinic with Emma-Louise

## Renew You, Love Your Life! Coaching Program

**THE COACHING  
TOOLS COMPANY.COM**



Every day feels exactly the same, and I can't tell if I love it or hate it.



@theAwkwardYeti

The Renew YOU!  
Coaching Program will  
help avoid this situation...

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*March 2022*



# Renew You! Love Your Life Coaching Program



## CHECKLIST & TIMELINE

Client Name \_\_\_\_\_

Month	Session / Week	What	Complete
1 Take Stock & Brighten Up Your Life! 30 days	Welcome	• Give 1) <i>Brighten Up Your Life</i> as a Welcome / Bonus Sign-up Gift!	<input type="checkbox"/>
	1 Intake	YOUR CLIENT INTAKE PROCESS • Review: 1) <i>Brighten Up Your Life</i> (if completed, if not, complete with client in session) Homework: 2) <i>Coaching Goals Worksheet</i>	<input type="checkbox"/>
	2	• Review and Explore: 2) <i>Coaching Goals Worksheet</i> . • Coach them around obstacles, goal ecology, make sure goals have clear success measures in particular, brainstorm and identify first set of actions towards their <i>Coaching Goals</i> Homework: 3) <i>Take Stock and Take Action</i>	<input type="checkbox"/>
	3	• Review: 3) <i>Take Stock and Take Action</i> • Coach them around their <i>Coaching Goals</i> & set actions/next steps Homework: 4) <i>What Makes My Heart Sing?</i>	<input type="checkbox"/>
2 Clearing out the Clutter 60 days	4	• Review: 4) <i>What Makes My Heart Sing?</i> • Coach them around their <i>Coaching Goals</i> & set actions/next steps Homework: 12) <i>Monthly Client Review &amp; Feedback Form</i>	<input type="checkbox"/>
	5	• Review: <i>Coaching Goals</i> progress & 12) <i>Monthly Client Review &amp; Feedback Form</i> • Coach them around their <i>Coaching Goals</i> & set actions/next steps Homework: 5) <i>Energy Zappers</i>	<input type="checkbox"/>
	6	• Review: 5) <i>Energy Zappers</i> • Coach them around their <i>Coaching Goals</i> & set actions/next steps Homework: 6) <i>Letting Go Exercise</i>	<input type="checkbox"/>
	7	• Review: 6) <i>Letting Go Exercise</i> • Coach them around their <i>Coaching Goals</i> & set actions/next steps Homework: 7) <i>Detox Your Toxic Relationships</i>	<input type="checkbox"/>
3 Setting up for Success & Program Wrap-up 90 days	8	• Review: 7) <i>Detox Your Toxic Relationships</i> • Coach them around their <i>Coaching Goals</i> & set actions/next steps Homework: 12) <i>Monthly Client Review &amp; Feedback Form</i>	<input type="checkbox"/>
	9	• Review: <i>Coaching Goals</i> progress & 12) <i>Monthly Client Review &amp; Feedback Form</i> • Coach them around their <i>Coaching Goals</i> , set actions/next steps (Note: final month) Homework: 8) <i>Daily Success Habits</i>	<input type="checkbox"/>
	10	• Review: 8) <i>Daily Success Habits</i> • Coach them around their <i>Coaching Goals</i> , set actions/next steps Homework: 9) <i>Identify Your Spark Team</i>	<input type="checkbox"/>
	11	• Review: 9) <i>Identify Your Spark Team</i> • Coach them around their final action steps towards their <i>Coaching Goals</i> Homework: 10) <i>3 Month Vision Worksheet</i>	<input type="checkbox"/>
	12	• Review: 10) <i>3 Month Vision Worksheet</i> • Complete in session: 11) <i>Next 3 Month Goal-Setting Sheet</i> Homework: 13) <i>Renew YOU! Program Highlights Sheet</i>	<input type="checkbox"/>
13 Wrap-up	COACHING PROGRAM WRAP-UP SESSION • Quick re-score 1) <i>Brighten up Your Life</i> (compare with scores at start of program) • Review 2) <i>Coaching Goals Worksheet</i> (Note successes and progress) • Complete in session: 14) <i>Wrap-up Session Questions</i> to summarise learnings Make your "Would you like to continue coaching with me?" offer...	<input type="checkbox"/>	

## Renew You! Checklist & Timeline

- Possibly the most important document in the *Renew You* Program!
- Find it in the User Guides & Checklist Folder

### RENEW YOU Program

Name

- 3 x USER GUIDES & Checklist
- 14 x COACHING TOOLS & Exercises
- 22 x MARKETING Resources

### 3 x USER GUIDES & Checklist

Name

- Renew YOU Coaching Program - ONE PAGE CHECKLIST\_v3.pdf
- Renew YOU Coaching Program - TOOL INVENTORY\_v3.pdf
- Renew YOU Coaching Program - USER GUIDE\_v3.pdf

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# Thinking Caps!

- Who could you see yourself using Renew You, Love Your Life with?
- What other uses can you see for this program – or parts of this program?



# Your Questions!

Ask Me Anything about  
Renew You, Love Your Life!  
or about Coaching  
Programs in general...



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# Thank-You!

## Tools Clinic SPECIAL

# Renew You! Love Your Life

*Save an EXTRA 10% with Coupon Code:*

RENEW10

[Get Renew You! Here >>](#)



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