



NHM COACHING*

Program Info Doc

The REAL kind, not the WOO-WOO kind.

The (Obligatory) Intro.

Actually, no. You're busy, you've got shit to do. I'm not going to waste your time by making you read some babbling, long-winded introduction. You downloaded this doc for a reason, so I'm just going to jump right into it.

Cool? Cool. Let's do this.

Who's it for?

The **NHM Coaching Program** — *clever name, right?* — is for business owners and leaders of all levels who want to achieve, experience, and actually enjoy whole-life success.

That's YOU, but you're struggling. Hard. Whether you're learning how to lead for the 1st time, manage stress, navigate professional/interpersonal relationships, create positive habits, or disconnect from old behaviors, you need help.

SPOILER ALERT: The **NHM Coaching Program**? It's here to help you.

What's in it for me?

Well, take a look at this list. These are just some of the outcomes you could experience when you work with me.

- Wake up every day feeling energized and excited.
- Experience less stress and be more resilient.
- Strengthen and deepen your relationships (personal & professional).
- Create habits that improve your physical and mental well-being.
- Increase your effectiveness as a business owner or leader.
- Improve your decision-making and problem-solving abilities.
- Identify, set, and achieve goals that are important to you.
- Learn how to live within, and stay true to, your values.
- Unlearn old behaviors that have sabotaged you or no longer serve you.

How's it work?

Here's the thing, coaching isn't a "step-by-step"-kind of thing. It's a process of having deep conversations, of digging, of identifying, of examining, of planning, and of actually doing the work.

It's about **really** looking at, questioning, and challenging your existing thoughts, ideas, beliefs, and habits/behaviors to figure out why you're stuck, and then working together to come up with plan to get you to where you want to be.

What's it gonna cost me?

What's it gonna cost you to **not** invest in yourself? That's the question you should really be asking, but okay, fair enough ... here's the answer to your question:

3 Months \$3,500	6 Months \$6,700	12 Months \$13,200
<i>What's Included In Each Package</i>		
<ul style="list-style-type: none"> • 1 x 50-minute Session Per Week (Total Sessions: 12) • Limited E-mail Support Between Sessions • Personalized Homework • Access to Resource Library 	<ul style="list-style-type: none"> • 1 x 50-minute Session Per Week (Total Sessions: 24) • Unlimited E-mail or Messaging Support Between Sessions • Personalized Homework • FREE 6-month Access To My Coaching Community 	<ul style="list-style-type: none"> • 1 x 50-minute Session Per Week (Total Sessions: 48) • Unlimited E-mail or Messaging Support Between Sessions • Personalized Homework • FREE 12-month Access To My Coaching Community

Grab your spot now.

To be 100% transparent with you, I only have a limited number of 1:1 coaching spots available, so if you're ready to do this, you need to act now.

Send me an e-mail directly at john@nhmcoaching.com and let me know you want in. If I have spots available, I'll send you an e-mail with the next steps.

If you're not ready to move forward right now, that's cool. My only ask would be that you still drop me an e-mail and let me know why.