



YOUR **GOALS.**
 YOUR **RESULTS.**
 YOUR **FUTURE.**
 YOUR **WAY.**

IT'S TIME.

LIFE
 BY
 DESIGN®

POWERED BY ONE TO ONE

Too often our best ideas and treasured goals compete with our daily reality of work and life. We may have more swirling in our heads than we have time, energy and organization to accomplish it all. Life By Design® provides a time to focus just on you and what you want to do!

The LBD roadmap gives you a portfolio of tools and methods that will help you gain exceptional clarity around your internal desires and ideas and take productive steps to intentionally move forward with the goals you want to accomplish.

If you want to create a career AND life that feels full and rewarding, sign up for a Life By Design® Workshop series today:

- ✓ Start by celebrating your life as it is ...and keep celebrating!
- ✓ Create a list of wants, desires, goals, and even challenges you want to resolve in the coming year, 6 months or even 90 days
- ✓ Notice your words, improve your communication, say what you mean to yourself and others with confidence and clarity
- ✓ Learn to change the "have-to-dos" and "should-dos" into "can't-wait-to-dos" and "excited-to-dos"
- ✓ Design Action Plans to organize, prioritize, and customize everything you'll need to accomplish even your biggest desires, in your own way, for your own needs
- ✓ Capture new discoveries, re-learnings, and discover roadblocks, and move into action

**Explore deeper, think free-er, push further...
 – and stop making decisions based on
 fear, scarcity and accepting the status quo.**

- ★ 4 valuable, content-rich sessions led by professional certified facilitators
- ★ More than 10 surprisingly simple, endlessly repeatable building blocks that add up to a personal action-oriented plan that's right for you.

*"I'm so glad I invested in Life By Design in 2020.
 I use The Ladder & The Action Planning Tree pretty
 much every single day."
 - Kathryn B.*

WHAT IS LIFE BY DESIGN®?

Life By Design® is a 6-hour workshop with flexible delivery options and customizable coaching add-ons.

This robust programming pulls together some of the best coaching tools for improving life satisfaction, action planning, goal setting, communication, and much more.

It is an online, interactive, hands-on workshop in a confidential setting.

Registration cohorts are up to 10 attendees and includes:

- includes 2 certified instructors
- all materials in PDF format emailed to participants
- 6 hours of training that participants can implement immediately
- laser and group coaching during and in between workshop sessions
- email check-ins
- access to session recordings
- Investment: \$1,800

WHAT IS ONE TO ONE?

Since 2005, OtO has been at the forefront of providing transformational, pro bono professional life coaching to women around the world.

During these economically turbulent times, OtO is ready as ever to provide women with professional, life-changing pro bono coaching. If you've ever thought about hiring a coach and don't think you can afford it - or don't really know what coaching is - you've come to the right place.

LET'S CONNECT

- ✉ hello@onetoonewomen.org
- 📷 onetoonewomen
- 📘 onetoonewomencoachingwomen
- 🌐 onetoone-women-coaching-women

www.OneToOneWomen.Org

MORE THAN **10** RELIABLE TOOLS FOR NAVIGATING UNRELIABLE TIMES