

### **Dating/Relationship 6-Week (\$1280) or 12 Week (\$2100) Coaching Package:**

- Profile deep-dive, creation and tweaking on all online apps/dating sites to create the best online dating profile possible.
- Photo evaluation, image consulting, and selection of photos/guidance.
- Evaluate chats and initial approaches to enhance communication style and effectiveness to develop techniques that yield results.
- 3 hours of one-on-one video coaching calls (as needed/wanted) or shorter phone calls as you navigate sites and meet people.
- Ongoing texting/email access to the coach over the 6 weeks to ask time-sensitive questions as needed and support your goals.
- Suggestions of alternative ways to meet the type of people you seek.
- Explore and drill down on your match preferences and expand limitations of the possibilities.
- Help to interpret and respond to texts from dates/prospective matches.
- Support at each stage of a relationship from initial contact to first date to text/conversations and beyond.
- Help you pinpoint your specific goals.
- Analyze dating profiles of potential matches and suggest ones you may not have considered (built in matchmaking from a third-party perspective)
- Arm you with conversational skills to navigate a first date and beyond with skill and ease.
- Explore behavior modeling and role playing.

### **Explore and Sharpen Your Mindset, Skills and Conditioning Surrounding:**

- Values Clarification
- Relationship Triggers and Attachment Style
- Gridlocked Issues and Verbiage for Conflict Resolution
- 4 Horseman Toxic Communication Styles and how to reign them in
- Satisfaction Wheel
- Pacing in a relationship
- The Art of Meaningful Conversations
- Help manage dating-related anxiety and fear
- Increase awareness of blind spots and sabotaging beliefs and behaviors
- Spot patterns that are not in alignment with the clients' dating and relationship vision and guide you back onto the path
- Help you to identify limiting beliefs so you can reframe them and feel more empowered while you're navigating the dating scene
- Help identify the right people for you and let go of the ones who aren't
- Identify underlying negative patterns and enhance overall communication style
- Build self-awareness skills and increase emotional intelligence
- Recognize and navigate red flags
- Help you consider the goals of the relationship, stay on track, and avoid getting sidetracked by people who do not fit the bill
- Help you find (and break) bad patterns in your dating tendencies.

- Enhance skills on flirting, starting conversations, first date meaningful conversations, arguing style, love language awareness

### **Overall Benefits of Having a Coach Throughout your Journey:**

- Access to immediate feedback from an objective partner
- Unbiased input unlike friends or family since our goal is your happiness, not an agenda.
- Offers emotional support, sounding board and tough love in order to find a relationship you desire.
- Increase your confidence and your comfort zone.
- Develop dating strategies for best trajectory of success.
- Have a built-in accountability system and a safe place to explore your own behavior and shortcomings.
- Critical relationship skills you need to maintain a healthy loving relationship once you find someone you connect with.
- Strengthen your own self-love which is most important.
- Overall strengthening of your communication, relationship dynamics, personal development, and social skills building.
- Gain a fresh perspective – an in-depth look at not just your dating life, but also your personal habits, goals, past relationships, health/wellness lifestyle, and daily activities to discover what has been blocking you from finding a lasting relationship in a loving and supportive way and give you the tools you need to make positive changes.
- Analyze your dating habits as a team and figure out what you are missing to improve your dating abilities and outcomes.
- Help you tackle overcoming failure, rejection, negative thoughts, and the thought, *“Everyone else seems to have no problem finding their person, so why can't I? What's wrong with me?”*
- Remind you of your strengths and what makes you unique and beautiful, while still working to improve your weaknesses.
- Support you when things get rough and help you push through these demotivated periods.

### **Bonus Additions:**

- **Don't Eat the Scraps** - Awareness and understanding of men/women balance of power (autographed paperback or PDF copy included in your package)
- Optional DISC personality assessment and analysis (\$200 surcharge)