

Coaching with Christy

What to Expect in the Coaching Experience

- *50 Minutes Sessions*
- *One on One Sessions*
- *Phone or In Person Sessions*
- *Client focused Sessions*
- *Identify your Values and Strengths*
- *Learn your spiritual gifts*
- *Discover your 'Why' and Purpose*
- *Accountability with Coach Christy*
- *Support and Encouragement*
- *Overcome obstacles*
- *Write Action Plans*
- *Achieve Goals*
- *Celebrate Success!*



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Contact Christy to see how coaching can improve and impact your life.



1RG MINISTRIES