

BALANCE



BALANCE INCLUDES:

- Private Strategy Sessions available by phone or in person
- Meeting notes following each session to help stay on track
- Mp3 recordings of each meeting
- Email/text support between sessions
- Assessments and exercises for increased accountability
- A “Personal Balance Blueprint” with tools and reminders to help monitor and maintain lasting balance

RETURN ON INVESTMENT BENEFITS:

FINANCIAL

TIME IS MONEY!

Imagine feeling more productive in your work, while having more time for loved ones and the things you enjoy doing. What is it costing you right now to not have this time and productivity?

CAREER AND BUSINESS

- ✓ Stay on top of projects and workload
- ✓ Feel more productive and energized
- ✓ Reconnect with your work and what matters

WELLBEING

- ✓ Improve overall mental, physical and emotional health
- ✓ Reduce stress levels
- ✓ Wake up daily feeling excited and energized
- ✓ Enjoy a positive and focused mindset
- ✓ Relax and have more fun outside of work

RELATIONSHIPS

- ✓ Enjoy more quality time with loved ones
- ✓ Find your new balance when starting a family
- ✓ Improve intimacy

FUTURE

- ✓ Get a clear framework for your life direction and what fulfills you in and outside of the office
- ✓ Stay focused on short and long term goals
- ✓ Walk away with an effective plan to “maintain” balance in your life

get started

APPLY FOR A
FREE 20-MINUTE CONSULTATION

REQUEST AND APPLICATION BY
EMAILING quinn@lifecoachquinn.com