

STRESSERCISE™
FOR LIFE

Presents:

LIFE JUMPSTART COACHING PACKAGES

Special Offer



**Personalized
Programs**

*Less-healthy bodies, workplace pressures and isolated mindsets can sometimes impair our best intentions. **LIFE JUMPSTART PACKAGES** motivate, inspire & ignite. They offer a refreshing change of pace for tackling day-to-day challenges and your **LIFE PLAN***

*Individual Coaching Sessions
Available*

BY APPOINTMENT ONLY

**Five LIFE JUMPSTART
3-Month Packages**
Available - April 1, 2020

The **UPLIFTING** 1-3 HR Coaching Sessions:

- Give you the choice of each session length: 1 Hr. 2 Hr. or 3 Hr.
- Motivate and challenge you to accomplish your goals & end games quicker
- Provide a private, quiet, setting for both fun & eye-opening reflective dialogue
- Engage you to identify specific life challenges and desired goals
- Offer topic choices: health, work, relationship, pre-marital, grief / life issues
- Boost energy, change perspective and define direction
- The **LIFE JUMPSTART PACKAGES** clarify core concerns, isolate underlying issues and help target optimum life direction and outcomes.

Expected Outcome: Infuses you with a fresh perspective, insights and motivation. Equips and inspires you to tackle challenges with renewed energy and an open mind. One that your personal relationships and work team will appreciate.

Scheduling is key. Reserve your session and/or package by calling **303-234-9482**.

STRESSERCISE™
FOR LIFE

Rachel Rolfes
Founder



Phone: 303-234-9482
Mobile: 303-902-2717
Fax: 303-234-9477
Email: Rachel@StresserciseforLife.com
www.stresserciseforlife.com

Chance favors the prepared mind.

- Louis Pasteur

STRESSERCISE™
FOR LIFE

Frequently Asked Questions LIFE JUMPSTART PACKAGES

WHAT ARE THEY?

LIFE JUMPSTART COACHING PACKAGES are motivating, focused sessions that deliver a refreshing change of pace for tackling day-to-day challenges, defining LIFE goals and with special assist design your personalized **LIFE WELLNESS PLAN**.

WHO ARE THEY FOR?

ANYONE. The offerings were designed to answer the request for a corporate favorite, "WALK & TALKS", extended session-times and longer package timeframes.

WHAT DO THEY DO?

Put a welcomed resolve/joy in your heart and pep in your step. Regardless of diligent planning, our best intentions too often get derailed by the pressing priorities of the day. Compounded challenges can implode inside us when unintended work or relationship misunderstandings occur. The sessions inspire to bring forward fresh insights and "let-go" of unproductive ones. They address core issues head-on and offer energy-improving insights that work. The upbeat, focus assists to clarify, unite and refocus direction. Examining work or relationship exchanges with objective assist is powerful. Consistent follow-on generates convincing turnaround results.

WHY ARE THEY OFFERED?

To make healthy step-by-step health, work and relationship improvements. Celebrate and make count your hard-fought individual efforts. Take advantage of unrushed extended-length sessions to get right to the heart and accelerate what you are seeking— a more healthy, energetic and balanced YOU.

HOW CAN I GET THE BEST RESULTS?

At each session, readiness is key. Commit and schedule successive sessions. This practice retains and inspires momentum and heightens results.

WHEN ARE THEY OFFERED?

Individual coaching sessions are offered ongoing by **APPOINTMENT ONLY**. **5 LIFE JUMPSTART PACKAGES** are offered per quarter. **NEXT AVAILABLE APRIL 1**. Ready, committed individuals will be given priority for special scheduling.

HOW DO I SIGN UP?

Call **303-234-9482** ... or send an email to Rachel@stresserciseforlife.com to inquire, discuss and secure your session and/or package.

Remember, steady challenges invigorate, impossible challenges defeat, and constant challenges crush.

Act on this offering today and set-up a refreshing boost to keep your challenges invigorating and life light.

STRESSERCISE™
FOR LIFE

Rachel Rolfes
Founder



Phone: 303-234-9482
Mobile: 303-902-2717
Fax: 303-234-9477
Email: Rachel@StresserciseforLife.com
www.stresserciseforlife.com