

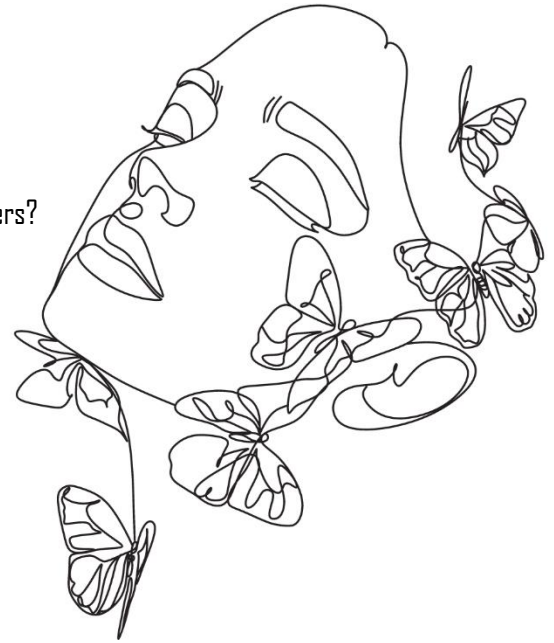
Renovated Realities presents: *Journey into Self*

Do you feel like this:

- Lost without a guiding light?
- Stuck and not sure how to move forward?
- Unsure what you want out of your life or career?
- Confused about where to start to pivot your life and/or career?
- Unhappy in your current career and can't decide what to do about it?
- Out of alignment with your values and beliefs and how you are living your life?
- Stressed out over significant life changes and need help navigating the new waters?
- Weighed down by other people's needs and expectations of you?

Do you want this:

- To truly feel connected to yourself
- To know what you want out of life and/or career
- To understand what drives you, lights you up, and motivates you
- To find happiness in your life and career
- To make better decisions for yourself
- To have a clear path forward
- To have an internal sense of direction that you can easily reference
- To really know who you are and what you stand for



Then my **Journey into Self** program is for you!

In 10 weeks of weekly 1-hour sessions, we will uncover and evaluate what's important to you, your personal strengths and traits, beliefs, passions, and talents, as well as what legacy you want to leave. This will give us a good understanding of who you are, what you want out of life, and what difference you want to make in the world. We will discuss how to incorporate your attributes into your daily life and career to lead you on a purpose-driven and happy journey. We'll start evaluating what changes you want to make in your life and /or career to get you where you want to go. With your new framework, if you've kept up and completed your assignments, your path forward will be much clearer.

Included:

- Weekly 1-hour Google Meet sessions
- Weekly assignments to keep you moving forward
- In-depth Character Strengths report and review
- A midweek check-in to see how you are doing
- In between sessions access via text and/or email for questions
- Access to my Facebook self-care group with helpful hints to make sure you are taking care of your body, mind, and spirit.

This isn't necessarily an easy program, because you will have to do homework and take the time to really get to know yourself. You hold the keys to leading a magnificent life designed just for you. Sometimes we have to jiggle the locks to get the information to flow freely and be your NorthStar. Without this knowledge, we are just throwing darts hoping something will stick. The program requires an 10-week commitment.

Cost: \$1200. Can be paid upfront or in two installments. Additional sessions following the program will be at \$75 per hour.