

How The Training2live (T2L) Resilience Coaching Program Works

Step 1. A Complimentary step to determine the true value of this coaching program to you and whether or not we'll work well together.

Our journey starts with a 30 minute Discovery call.

You then receive two followup emails, each asking for your response to a vital area of your life. Entering a one-on-one resilience coaching program is a commitment made by you and by me. With this clarity, you can then decide to step forward into Step 2 or step back into non-commitment. We both get to choose here.

Step 2. The Three Month Program

You'll receive an invoice for an upfront payment for three months. Please note your payment is non-refundable, for a very good reason. This program is a powerful commitment to yourself. This policy protects against the resistance that can arise right after you enrol. "Pull out!" the voice of resistance says "This won't work for you. Who do you think you are getting a coach?"

To gain maximum benefit from the T2L Resilience Coaching Program, a three month initial commitment is necessary. Don't worry; it will be one of the best decisions you'll ever make. And anyway, you're worth it.

What you get:

- A 45 minute Skype or phone call setting you up to successfully start your program.
- 270 minutes of scheduled one-on-one Skype or phone coaching over three months.
- (This can be taken in 30, 60 or 90 minute slots.)
- Unlimited email discussion and enquiry.

Upon payment, we start your program.

Step 3. The Fourth Month

You'll receive an invoice for the fourth month. If you feel you did not get value from this month, simply tear up the invoice (or delete it). This ends our commitment to each other.

Step 4. The Next Step

You can continue with this program for as long as you feel you're gaining value from it. Some clients need only three months, others need a much longer timeframe.

A simple email ends our commitment to each other.

If you desire to get better results in your life, then email or phone to start the process. Remember, Step 1 is complimentary. It determines the true value of this coaching program to you. Only then can we look at the coaching cost.

I look forward to sharing this journey with you.

Victoria Rose

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