



HANNA FITZ



COACHING SESSION GUIDELINES

Maximizing our time together

MAXIMIZING YOUR SUCCESS IN THE PROGRAM

I want to honor you once again for investing in yourself and the up-leveling of your brand. This program is designed to help you build your world class brand on feminine principles, so that you can become the industry leader who leads with elegance and style.

What I have seen, is that the women who achieve the greatest success in my program are those who are fully present, dedicated and organized in the process.

Here is how I believe you can ensure maximum results and create total transformation for yourself and your brand in this process.

The best way you can prepare for our sessions are to:

Be on time to ensure that you gain maximum use of our time together.

Ensure that you are in a quiet area where you can be undistracted and undisturbed during our session. It is important that you are fully present during these sessions to maximize opportunities for breakthroughs and deep dives into your current desired outcomes.

Please turn off your cellphone and alerts on your computer. It is best that the only window you have open is our meeting session, to ensure that you are not distracted by incoming messages. This will serve you to be more present in the sessions absorbing all the insights and strategies we will create.

If you will be late or are unable to attend a scheduled session, please send an email 24 hours in advance where possible, to info@hannafitz.com, so that we can reschedule you.

You will be setting intentions and have homework after every session. I have found that the women who achieve the most success complete all the homework and honor their intentions. The homework pieces are key parts of the building and structuring your brand. If you desire to truly have that world class brand, I highly recommend you are diligent in this process.

If you are on the payment plan, it is very important that you honor your commitment on time and make the payments when due or ensure that there are funds on your account for us to process it. If for any reason you will be late for a payment, please notify me immediately via email so that we can work through together, how best to get you up to date.

If you have a question or would like to resolve a challenge, I ask that you contact us at info@hannafitz.com so that we can work with you to resolve. Please do not post it on our Facebook Group or Online, as we believe in using queenly channels of communication.

5-10 MINUTES BEFORE EACH SESSION:

Take three beautiful, deep breaths.

Close your eyes for a moment and think about your intention for our time together.

Ask yourself:

Why I'm here today?

What answers I'm seeking to have answered?

What do I require to move forward?

What changes did I notice since our last conversation?

How connected was I to my desires last week?

Did I honor myself and prioritize what I said I'll do?

Did I step into the new space of clarity, self-love, my brand, and desires for my business?

CONGRATULATIONS! I can't wait to hear and celebrate all your successes and progress this week.

If you did not feel like you achieved a level of clarity, breakthrough or completion this past week, why is that?

Did you have setbacks in doing the homework from our previous session be gentle but very real and honest with yourself?

What clients often say is:

"I was very busy... I didn't have time".

Was it because of the lack of time? But... Is it really true? If that comes up for you, ask "why I didn't have time?" Is there a need to get more organized and develop a better relationship with your calendar and schedule? Where else in your life are you finding it challenging to keep up with tasks?

Some common reasons:

"Because I'm putting everyone first and don't prioritize what I require",

"Because I'm not making myself a priority in my life",

"I don't believe that that is going to make a difference",

"I don't believe that I can allow myself to do it for myself",

"I don't feel I'm worth it, so I allow myself to skip it".)

Be gentle with yourself and explore. What is coming out for you? The answer is the key to shifting things in your life.

Together we will find the ways to assist you in creating the life you really desire for yourself.

Doing the recommendations and homework is honoring your commitment to yourself, manifesting your desires for this program and transforming your life.

Let's get started on creating your new normal with a world class brand and signature life.