

Terry Lamb
Life Coaching Program

Design your own curriculum and select 10 out of 15 coaching sessions!

1. **Identifying areas of growth and development; your personal style**
 - Using your natal chart, transits, and progressions, this session identifies way to synergize with the planetary energies available to you both short- and long-term.
2. **Identifying Life Purpose and Meaning**
 - Get in touch with what's meaningful to you, the theme of your life story.
3. **Setting your short- and long-term goals for life development**
 - Using Session 1 as a foundation, this session focuses on setting strategic, measurable, actionable, and timely goals.
4. **Personal SWOT Analysis, Development, and Review**
 - With the help of your natal chart, this session helps you identify your key strengths, weaknesses, opportunities, and threats in business.
5. **Developing Your Master Plan (Session 1 of 2)**
 - This session will help you develop your long-term master plan — a plan for life development that may encompass career, business/profession, love, family, health, personal healing.
6. **Developing Your Master Plan (Session 2 of 2)**
 - In this session, I will review, reflect, and reframe your master plan in light of your chart and the opportunities it presents.
7. **Personal Presentation**
 - From a personal makeover to eliminating pain and immobilizing health imbalances, getting your health and appearance to support your plan.
8. **Developing Possibility Thinking**
 - In this session, we will identify the skills you have to accomplish your goals and map out the path to maximizing those skills.
9. **Tapping Your Innate Creativity**
 - We will explore your dreams to unleash your creative energies.
10. **Enhancing Your Personal Style Skills (Session 1 of 2)**
 - Increasing your ability to negotiate what you want with each of the 5 personal styles
11. **Enhancing Your Personal Style Skills (Session 2 of 2)**
 - Increasing your ability to negotiate what you want with each of the 5 personal styles
12. **Focus Session: _____**
 - This session will direct our attention to an area of critical importance to your goals. For instance, writing a resume, career change or job search coaching, clearing a fear, or magnifying a gift. May be repeated as many times as needed.
13. **Clearing Childhood and Adulthood Developmental Blocks**
 - Identifying and clearing blocks originating from past experiences, such as those from childhood, adolescence, and early adulthood. This is especially helpful when no visible obstacles exist but you still don't move toward your goals.
14. **Transitioning to Your New Life**
 - Establishing criteria for transitioning from your current reality to your new life.
15. **Create a Month-by-Month Action Plan Matrix**
 - Using astrological indicators, we will develop a complete action plan for the first year on your new path.

