

legacy: men's coaching program

A 6-Session Men's Coaching Program

Who?

This program is designed specifically for men seeking personal growth, stronger relationships, and a legacy worth leaving.

Where

Online & In-Person Options

Vision, Purpose, and Goal Setting	• Developing a vision and purpose for life • Discover your strengths • Setting short-term and long-term goals
Mindset & Emotional Awareness (Knowing Yourself)	• Defining Fixed vs Growth Mindset • Understanding the importance of emotional awareness in men • Recognizing and dealing with emotions in a healthy way
Relationships and Communication	• Improving relationships through better communication and understanding • Relationship evaluation • Leading in relationships
Overcoming Dysfunction and Addictions	• Identifying and addressing the root causes of dysfunction and addictive behaviors • Learning to function effectively even in challenging circumstances
Circle of Influence and Inputs/Outputs	• Evaluating and improving the influences in your life • Understanding how inputs (media, relationships, etc.) affect your outputs (behaviors, attitudes)
Building a Legacy and Moving Forward	• Challenge to live beyond average and build a meaningful legacy • Reviewing progress and setting up ongoing support and accountability