

legacy: men's coaching program

A 6-Week 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

Weekly (6) 75 minute Group Session (Learn and grow in a community of like minded men)
Weekly (6) 50 minute One-On-One Session with Chuck (Dig deeper into what YOU need to do)

Week 1: Mindset & Emotional Awareness (Knowing Yourself)	<ul style="list-style-type: none">• Defining Fixed vs Growth Mindset• Understanding the importance of emotional awareness in men• Recognizing and dealing with emotions in a healthy way
Week 2: Vision, Purpose, and Goal Setting	<ul style="list-style-type: none">• Developing a vision and purpose for life• Discover your strengths• Setting short-term and long-term goals
Week 3: Relationships and Communication	<ul style="list-style-type: none">• Improving relationships through better communication and understanding• Relationship evaluation• Leading in relationships
Week 4: Overcoming Dysfunction and Addictions	<ul style="list-style-type: none">• Identifying and addressing the root causes of dysfunction and addictive behaviors• Learning to function effectively even in challenging circumstances
Week 5: Circle of Influence and Inputs/Outputs	<ul style="list-style-type: none">• Evaluating and improving the influences in your life• Understanding how inputs (media, relationships, etc.) affect your outputs (behaviors, attitudes)
Week 6: Building a Legacy and Moving Forward	<ul style="list-style-type: none">• Challenge to live beyond average and build a meaningful legacy• Reviewing progress and setting up ongoing support and accountability

Investment

\$1,500 or \$700 without group sessions