

ERIN BANDA LIFE & HEALTH COACHING

WHAT IF THE ONLY THING YOU HAD TO DO WAS LIVE A GREAT LIFE?



ERIN BANDA, ACC

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National Board Certified Health & Wellness Coach
Affiliate with Moksha Living DC - Wellness for Mind, Body & Spirit



HOW IT WORKS

Coaching is powerful. It can change your perspective and how you show up in the world. It challenges you to be your best, and allows you to achieve results beyond what you currently believe are possible.

The "How": a 4-Step Process

1. Using your dreams, callings, passions, desires, purpose, etc., we'll explore the vision you want to create for your life; for both the short and long term.
2. With the vision as the goal, we'll identify your concerns, fears, worries and pain points to discover what is holding you back from your vision. This process creates clarity.
3. From this place of clarity, together we map out the way forward, including actions, intentions, timelines, and we begin the process.
4. Through deep listening, objective reflection, powerful questioning, and other supportive tools, I help you stay motivated and overcome any obstacles that arise along the way, so that you get to arrive at your desired outcome.

www.erinbanda.com

