

Transformations

Lifestyle Management Solutions



www.TransformedLiving.com
954.261.9761

*“A goal without a plan is
just a wish.”*

~ Antoine Desant-Exupery
1900-1944

Transformations Lifestyle Management Solutions can work with clients on a variety of lifestyle issues.

- ❑ We can aid in determining sensible steps towards reaching a long-term goal.
- ❑ We can help you manage your time more efficiently.
- ❑ TLMS will help you make better decisions, thereby reducing daily stress.
- ❑ TLMS can give you the skills to break out of a chronically overwhelming, under-satisfying lifestyle.
- ❑ Our system will help you to determine your priorities and stay focused on them.
- ❑ Transformations can help you positively change the way you approach your life.

TLMS's life transformation method begins with an objective lifestyle assessment and includes a personalized action plan and one-on-one support and guidance through every phase of the process.



Coaching Services

Level I Package: “Do-It-Yourself”

Upon completion of the initial consultation, client questionnaire and in-depth interview, the client will receive a Summary Assessment & Achievement Plan to follow through on their own.

Level II Package: “Light Support”

Ideal for the person who only needs a “sounding board” for new ideas, questions, and “a little nudge” to keep on track with his or her goal. Package includes Summary Assessment and Achievement Plan, four 45-minute tele-coaching sessions, and one weekly e-mail check-up session.

Level III Package: “Navigator”

Best suited for the person who requires a lot of motivation and guidance or simply likes a bit more hand-holding. If you chronically procrastinate or lose interest quickly and need diligent help keeping on course, this is the package for you. Package includes Summary Assessment and Achievement Plan, eight 45-minute tele-coaching sessions, unlimited e-mail check-up sessions, and one thirty-day follow-up evaluation.

Level IV Package: “Close-up”

This package is geared to the person who knows they need the extra structure and accountability that face-to-face contact provides. Package consists of Summary Assessment and Achievement Plan, four 45 minute in-person session, unlimited e-mail check-in sessions and one thirty-day follow-up evaluation session.

Additional Services

Regardless of the original package selected, a client can purchase additional 30-minute, in-person sessions.

Transformations also offers on-site planning and organizing services. Travel time and material and shopping fees may apply. On-site services are limited to areas within a 75-mile radius of Hollywood, FL.

*Transformations is about turning life
obstacles into achievement stepping stones.*