

# RENEWEDLIFE

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COACHING & COUNSELLING

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Welcome

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## **6 Month Reviving Bonds and Rebuilding Connections Relationship & Marriage Coaching Program**

### **Program Overview:**

This six-month coaching program is designed to help couples strengthen their relationship through structured, progressive sessions and consistent support. The program includes monthly coaching sessions, daily SMS check-ins for ongoing guidance, and crisis calls to manage urgent issues. The coaching team, Sussan and Toby, collaborates to offer tailored support and insights based on individual and shared client needs.

## Session 1

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### Individual Discovery Sessions

- Format: Individual sessions (90 minutes each)
- Participants: Women with Sussan, Men with Toby
- Focus: Core Belief and Value Analysis

### Goals:

- Identify each person's core values and beliefs.
- Understand individual behaviors and triggers.
- Establish a foundation for personalized coaching strategies.

### Daily Check-In:

Participants will engage in a brief Daily check-in (Via SMS) to reflect on their progress, discuss any challenges or insights, and set intentions for the upcoming week.

## Session 2

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### Couple's Collaboration Session

- Format: Joint session (90 minutes)
- Participants: Couple with Sussan and Toby
- Focus: Introduction of the "Healthy Words and Habits" Framework

#### Goals:

- Discuss and address current relationship issues.
- Learn and apply communication strategies that promote positivity and understanding.
- Develop actionable habits for daily relationship nurturing.

#### Daily Check-In:

Participants will engage in a brief Daily check-in (Via SMS) to reflect on their progress, discuss any challenges or insights, and set intentions for the upcoming week.

## Session 3

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### **Forgiveness & Healing Session**

- Format: Split sessions (90 minutes each)
- Participants: Women with Sussan, Men with Toby
- Focus: Forgiveness Letter Framework

#### **Goals:**

- Facilitate emotional expression and release through writing.
- Address unresolved issues and traumas concerning their partner.
- Prepare forgiveness letters to share in future sessions.

#### **Daily Check-In:**

Participants will engage in a brief Daily check-in (Via SMS) to reflect on their progress, discuss any challenges or insights, and set intentions for the upcoming week.

## Session 4

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### Couple's Forgiveness Dialogue

- Format: Joint session (90 minutes)
- Participants: Couple with Sussan and Toby
- Focus: Sharing and Discussing Forgiveness Letters  
*(Partner 1 Shares in this session)*

### Goals:

- Create a supportive environment to share one partner's forgiveness letter.
- Discuss the content and feelings expressed in the letter.
- Promote empathy and understanding between partners.

### Daily Check-In:

Participants will engage in a brief Daily check-in (Via SMS) to reflect on their progress, discuss any challenges or insights, and set intentions for the upcoming week.

## Session 5

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### Reciprocal Forgiveness and Understanding

- Format: Joint session (90 minutes)
- Participants: Couple with Sussan and Toby
- Focus: Sharing and Discussing Forgiveness Letters  
*(Partner 2 Shares in this session)*

#### Goals:

- Share and discuss the second partner's forgiveness letter.
- Continue fostering a dialogue of empathy, forgiveness, and mutual respect.
- Address any remaining issues and reinforce the couple's commitment to move forward.

#### Daily Check-In:

Participants will engage in a brief Daily check-in (Via SMS) to reflect on their progress, discuss any challenges or insights, and set intentions for the upcoming week.

## Session 6

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### Vision and Goals Setting

- Format: Joint session (90 minutes)
- Participants: Couple with Sussan and Toby
- Focus: VAK (Visual, Auditory, Kinesthetic) Goals Framework

#### Goals:

- Establish shared visions and goals for the future using the VAK model.
- Develop a detailed action plan to achieve these goals.
- Strengthen the couple's commitment and partnership through collaborative goal setting.

#### Daily Check-In:

Participants will engage in a brief Daily check-in (Via SMS) to reflect on their progress, discuss any challenges or insights, and set intentions for the upcoming week.



## Outcome

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### Program Conclusion:

This comprehensive program is tailored to guide couples through their individual and shared journeys of self-discovery, healing, communication, and future planning, laying a strong foundation for a sustained and fulfilling relationship.

- Note: Each session will be conducted with sensitivity and respect for the participant's individual experiences and needs. It is important to ensure a safe and supportive environment throughout the program, encouraging open communication and trust between the facilitator and the participants.

## Investment

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**\$300 - 90 MINUTE COACHING SESSION**

Total cost over 6 months is \$1800 which includes 9 x 1:1 Coaching sessions and Daily contact Via SMS

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TESTIMONIALS

## CHECK OUT OUR 5 STAR GOOGLE REVIEWS BELOW



### **Renewed Life - Coaching & Counselling**

Discover transformative coaching and counselling services in Melbourne, including forgiveness,...

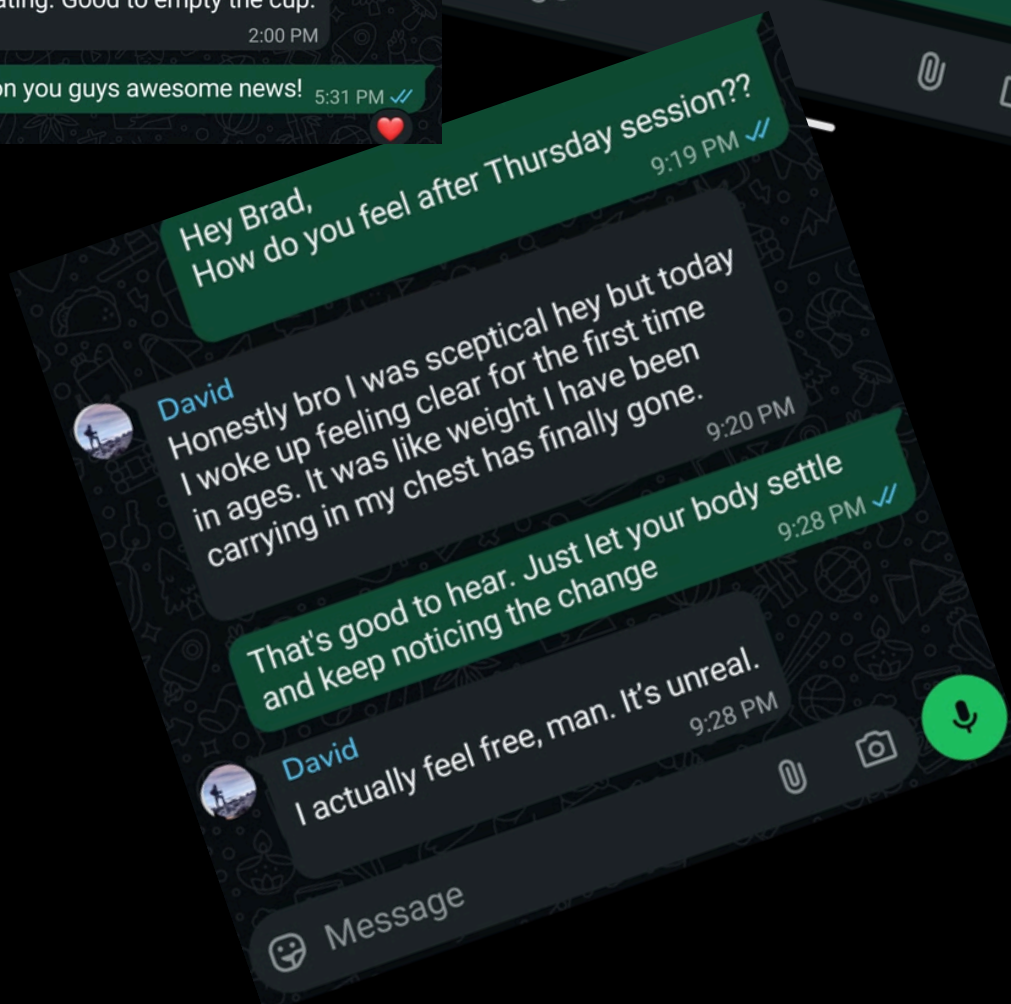
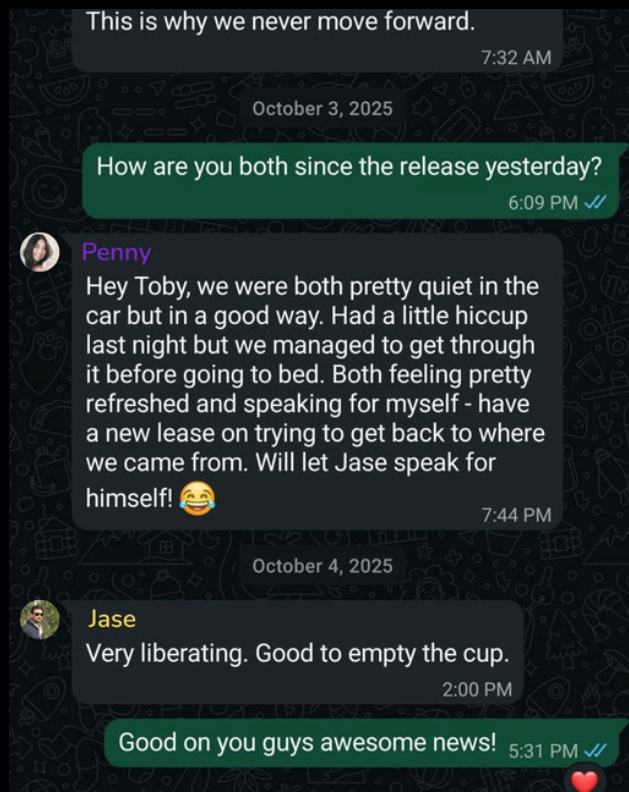
 [google.com](https://www.google.com)

## WATCH A VIDEO TO HEAR ABOUT ONE OF OUR COUPLES EXPERIENCE



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# COACHING PRICING PLAN

## Single Session Plan

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Price: \$200 per session

Includes:

- One 90-minute coaching session via Zoom or In-Person
- Ideal for addressing a specific issue or need in a focused setting

## Monthly Coaching Package

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Price: \$300 per month

Includes:

- One 90-minute coaching session per month via Zoom or In-Person
- Daily check-ins to monitor progress and ensure accountability
- Continuous support to assist with goal setting, overcoming challenges, and maintaining focus
- Ideal for ongoing personal or professional development

## Additional Coaching Sessions

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Price: \$125 per session

Includes:

- One additional 90-minute coaching session via Zoom or In-Person
- Can be added to any package for extra support or to discuss new developments
- Ideal for clients needing more time beyond their regular scheduled sessions

## Crisis Call Support

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Free of charge

Includes:

- Available only to clients actively enrolled in any coaching package
- Provides immediate assistance and support during critical situations or emergencies

### NOTES FOR CLIENTS

**Booking and Cancellation Policy:** Sessions must be booked at least 24 hours in advance. Cancellations or rescheduling should be made at least 12 hours before the scheduled time to avoid a cancellation fee (50% of the session cost).

**Payment Terms:** Payments for the monthly package are due at the start of each month. Single sessions or additional sessions must be paid for at the time of booking.

This pricing structure provides flexibility, allowing clients to choose a plan that best suits their needs while clearly defining what each option includes. It also sets boundaries to maintain a professional structure within the coaching relationship.



" We look forward to  
working with you and  
witnessing your  
incredible transformation  
unfold "

-T. Zappia  
-G. Zappia



**RENEWEDLIFE**

COACHING & COUNSELLING

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