

90^{Day} GOAL RUSH

COACHING PROCESS

- Clarify program objectives with Client and selected manager via phone.
- Participant will take a Pre-Coaching Questionnaire.
- Participant will take a Motivation Catalyst Assessment.
- Individual phone call to work with Participant and discover what goals they are looking to achieve in the next 90 days to help them get where they want to be in the future. (Our systems can go as short as this quarter or as long as 15 years)
- LPI will take that conversation and create a written 90 Day Plan with Participants Motivation Catalyst, any comments from our conversation, and 4-6 goals they are looking to achieve in all areas of their life (3- Professional, 1-Internal, 1-Physical, and 1-Relational goal). Each goal will be broken down and formatted as followed:
 - Desired Result Goal
 - Benchmark of where they are right now
 - Monthly Tasks that they agree if done, will achieve the goal.
 - Weekly Tasks that they agree if done, will achieve the goal.
 - Push Tasks that they agree if done, will achieve the goal.
- LPI will visually show the true time needed to be dedicated to desired goals.
- Participants will be coached on weekly use of LP planned to ensure Participant is taking action steps weekly
- Participants will receive weekly check-ins by LPI.
- Participants will receive Monthly Review and Refine Coaching Calls.
- LPI will help Participants complete a quarterly summary of what was achieved and what needs to be achieved next quarter.
- How we reset this for the next 90 days

CLIENT EXPECTATION OVER THE WHOLE PROGRAM (LESS THAN 60 MINUTES A WEEK)

INTRO CALL
(60 MIN)

REVIEW PLAN
(30 MIN)

WEEKLY CALL
(45 MIN)

FINAL REVIEW
(30 MIN)

More Information

@LifePulseInc | www.LifePulseInc.com