

C4C2 Life Coaching Methodology™

EVERYONE LEARNS
DIFFERENTLY



★ Catalyst
4Christ
Life
Coaching

With C4C2™ Life Coaching there is a pre-structured framework, according to the life coaching experience you chose. Each path is a measured, proactive, experiential process designed to help you clarify, align, balance and transform the challenges or circumstance you want to change.

Sessions can be private one-on-one, or in small groups of five or larger; - ten to twenty participants.

Depending on your goals, a more in-depth process of a 3-6-9 month commitment is suggested as that allows for continuity and a personalised program map (see below).

All of the paths are designed to help you achieve success on a personal level, while helping you raise your standards through a safe and nurturing space for growth and expansion.

Effective, affordable, personal and strategic, our goal is to help you improve your life and the different dimensions of expression in which you live, work, play, and have existence, i.e. spirituality, communication, family dynamics, parenting, work-life-balance, self image, relationships, dating, career, purpose, and more.

Uncover purpose and direction in your life through C4C2® Life Coaching Methodology and allow us to help you move forward quickly toward greater fulfilment, gratitude, peace, joy through authentic love in the School of the Sacred Heart.

Catalyst 4Christ Consciousness
Life Coaching™

Which coaching path is for you?

Find out more @ www.Sandrambueno.com