

# LEADING HEALTHY

## What is a LifePlan?

A LifePlan is a personalized, one-on-one, facilitated journey that helps you create a roadmap for your personal and professional life.

## How does it work?

We'll spend two days filtering five questions through the four elements that make you ... you.

### The Questions:

Where am I today?

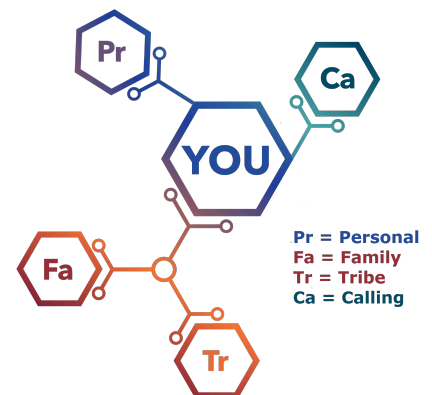
How did I get here?

Who am I today?

Where do I want to be tomorrow?

How do I get there?

### Elements of You:



## Who is it for?

Those who feel stuck, fatigued or like they are wandering through life. Those who are uncertain of what comes next or how to get there. Anyone who is running too fast without a direction or crawling too slow without a purpose ... who know they are out of rhythm but don't know why, whose career/calling is stalled or whose relationships aren't where they want them to be. **Anyone longing for a better version of themselves.**

## What do I get?

- Wisdom from your personal journey.
- Clarity of your gifts/talents, passions, and purpose.
- Insights from your personal Enneagram Profile.
- Alignment in your life's mission, vision, and rhythm.
- A defined direction for the next 5 to 10 years.
- A plan with actionable steps and accountability tools.

*Helping Leaders be Healthy People; Helping Businesses Build Healthy Culture.*