

What You Can Expect from Private and Group Coaching and Courses

- **Donna's Commitment to Your Success.** She researches, creates content, records videos, reviews food journals and goal sheets, and designs materials between sessions.
- **Weekly 60 Minute Coaching Calls** with Follow-Up Summary Notes & Support Materials within 48 hours



- PDF Excerpts (or Published Copy) of Donna's Book ***New Shoes, a Journey of Self-Discovery***. Plus, the New Shoes App
- **Lifestyles' Healthy Food Guide** - flexible, adaptable, easy to follow, works within your budget. (It's how Donna successfully lost 87 lbs. and maintains with ease)



Strategic Training Videos - Motivational, Educational, Inspirational

- Fresh Start 1 & 2 - The Basics of Organization
 - Mindful Eating
 - Emotional Health & Well Being
 - Overcoming Guilt
 - Strengthening Personal Boundaries
 - Creating a Positive Mental Outlook
 - Strategic Goal Setting
 - Managing Healthy Living During the Holidays
 - ...and more
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- **Weekly Food Journal Review** by Donna
 - **Meal Planning & Meal Preparation**
 - **Smart Supermarket Shopping & Label Reading**
 - **Managing Yourself Strategies** for Easing The Stress Response
 - **Optional *Walk n' Talk* Session**
Virtual groups (and private clients) sometimes want to get together in person. Donna offers an option for a 45-minute walk/talk session with instruction in proper breathing, walking from the core, followed by gentle stretching.



Private & Group Coaching Also Offers You:

- Between Session **Booster Emails & Inspirational Messages.** Group Support Chat. An Invitation to Donna's **Private Facebook Group.** V.I.P. Status for Special Discounts on Courses/Webinars/Future Coaching.