



## ***Life Strategies Program for Business***

***Happy, balanced employees are productive employees!***

**Objective:** Begin with a three-month program to enlighten employees about the importance of Life Balance. Have them participate in exercises and give them tools for success in all areas of their lives.

### **What's Included in the three-month program:**

- 1. Each employee will get a 15-minute coaching call every month.** These calls are to facilitate accountability, discuss roadblocks, or get clarity on their goals. Every call is confidential between the coach and employee.
- 2. Access to podcasts.** Employees will have access to the *Life Series* podcasts that will be housed on the Fowler Life Coaching website. There will be eight podcasts released each month covering all areas of the life wheel—Health, Career, Recreation, Spirituality/Religion, Family, Friends, Finances, and Home Environment.
- 3. Each employee will complete a Life Wheel Assessment.** This assessment is only for the employee to access. However, if they would like a *Life Vision Statement* (#4), they will have to share it with the life coach.
- 4. Each employee will be entitled to a Life Vision Statement.** Each Life Vision statement will be in written and audio format so the employee can read it or listen to it at least two times a day. (Optional—up to each employee) It is their choice whether or not they want to share their Life Wheel Assessment.
- 5. Access to the online webinar package.** There will be 12 online workshops available. The employees can download them and watch as needed. They will cover topics such as Success, Productivity, Recharging Your Life...and more (\$250 value)
- 6. The employees will be presented with a new topic each month.** The life coach will attend at least two meetings each month (for a total of 3 hours max--unless more is needed with prior approval). The schedule will be decided before each month, depending on management and employee need.

Each topic will be presented with activities, worksheets or videos. Listed are the basic topics to start the employees on their journey. Other topics will be determined by the interest and accomplishments of the group

***Don't Let Life Happen. Make Life Happen!***

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**Topics for the first month:**

- Life Assessment: Where are you now?
- What's Your Story?
- Mindset/Purpose – What are your influence inputs?
- Creating Your Vision
- Goal Setting

**Other topics during the three-month program can include (but not limited to):**

- Intrinsic Motivation
- Maximizing success
- Productivity Secrets
- Detoxing Your Life
- Self-Sabotage
- The Truth About Happiness
- Balancing It All
- Overcoming Fear

**Benefits Include, but aren't limited to:**

- Increased employee retention and productivity
- Lower costs associated with absences, sick days, etc.
- More cohesive environment—employees communication better with coworkers and managers
- Better focus and clarity for employees
- More unified employees working toward a common goal

*Each program can be customized—based on the needs of the company, and prices vary based upon number of employees and on-site time requirements.*

Kim Fowler was in the corporate world for over 15 years training sales groups, presenting to clients and managing marketing and creative departments. After that, she moved into the non-profit realm as the marketing research director of the Outdoor Advertising Association of America. While there, she spent her time traveling across the country and internationally speaking to advertising groups and researching the industry. She has been a professionally certified life coach for 10 years and has her MBA from George Mason University. She is one of the authors of the book [The Power of Coaching](#) (2017).

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