

# LIFE IS A JOURNEY... DO YOU HAVE A COMPASS?

## What People love about Compass!

"Compass has information that is practical and most helpful. It is wonderful. I use it every day."

– Pam Shaw, Client

"Coaching makes me stop and take notice of my life instead of just letting the clock tick. It makes me more accountable to myself to reach for my goals and for that I am very grateful. – Victoria Benham, Client

"I am absolutely delighted with the coaching experience. It provides a daily reminder of the need to approach life, growth and change in a conscious, proactive manner."

– Mary Antosca, Client

### Why Coaching?

Coaching is like having a personal trainer for your life. An empowered life requires focus, intent and commitment –just like staying in shape. Coaching helps you think about what you really want, and identify what is getting in your way. A Coach will give you permission and even encourage you to dream and then help you gain the confidence to make those dreams a reality.

### What Is a Coaching Group?

The Compass Coaching Groups are coach-led conference calls that our Advanced and Master level clients join 2 or 3 times a month. In these groups, you will meet with other women like you who are working on a specific area of their life. Professionally trained Compass Coaches then use the right questions and exercises to guide you through a process to make real improvements in your life. They will help you uncover what might be holding you back and hold you accountable to move forward. Your group is a safe and supportive environment to give you new perspectives, ideas, and courage to identify your passion, strengths, and priorities.

### What Is a Personal Development Network?

The Compass Personal Development Network is like hanging out with your friends online. You can talk about how you're doing and hear from them about how they're doing. It is designed to help you:

- Create and write down goals for your life
- Connect with others that have similar goals
- Get the support and encouragement you need to reach your goals

To learn more about Compass,  
contact your Compass Independent Representative.

Compass Representative



*Compass is a personal development company committed to improving the lives of women through affordable coaching programs and services.*



Inspire. Empower. Connect.



*Every woman* could use some guidance and personal development. It is our mission at Compass to provide every woman with access to coaching to help her live the life she was meant to live – one filled with joy and abundance.

Now, through Compass, *You* can get affordable professional coaching and make a big difference in your life in just a few minutes a day.



Monthly Action Plans (MAPs), can be downloaded to your iPod™

## Compass Coaching Programs and Services Address 5 Life Areas



# Use your Compass. Get where you REALLY want to go. Life may not give you a roadmap, but we'll give you a *Compass*.

Compass offers affordable life coaching programs and services to help you get what you want out of life. Whether you want to lose weight, get healthy, get balance in your life, control stress, become financially independent, have better relationships at home and at work, or just be happy where you are, Compass can help.

### Take a Break and Change Your Life

Our core product is the Compass MAP (Monthly Action Plan). We know you have limited time (We do too!). We designed the MAP to help you address a specific area of your life in just a few minutes a day. The MAP provides you with daily bite-sized tip to help you make real improvements in your life. We carefully consider books by outstanding authors, experts, and coaches to find the best material, then turn them in to your MAP.

The MAP is supported by our Coaching Groups that meet 2 or 3 times a month over the telephone to offer you support and accountability. You can let the community know your goals and share your progress by posting them in your own profile on our Personal Development Network.

Our community of women and professional coaches work together to help you address any area of your life where you'd like some support. Which area? That's the empowering part—you choose! One month you may want to work on finances, another month, your relationships, create a plan for success, or take better care of yourself. Let's face it, women have lots of stuff going on and we could all use some support!

### We Offer 3 Levels of Membership

|   |  |  |
|---|--|--|
| <b>BASIC</b><br>SELF-DIRECTED ONLINE COACHING                         | <b>\$19</b><br>+\$20 ONE TIME REGISTRATION FEE, TAX AND SHIPPING | <b>PRIMARY FOCUS</b><br>SEE IT AND OWN IT                      |
| <b>ADVANCED</b><br>TELEPHONE COACHING<br>(2 GROUP COACHING SESSIONS)  | <b>\$39</b><br>+\$30 ONE TIME REGISTRATION FEE, TAX AND SHIPPING | <b>DIRECTED FOCUS</b><br>AND DEPTH TO LIVE IT!                 |
| <b>MASTER</b><br>PERSONALIZED COACHING<br>(3 GROUP COACHING SESSIONS) | <b>\$59</b><br>+\$40 ONE TIME REGISTRATION FEE, TAX AND SHIPPING | <b>TEAM SUPPORT AND ACCOUNTABILITY TO AUTHENTICALLY BE IT!</b> |



### Self and Life Balance

Life gets busy. Every day, you have to keep up with the demands of your life – job, kids, family, house, laundry, groceries, you name it. When was the last time you took care of YOU? Compass can help you balance life and define what is really important to you, so you can live your priorities! It's not balance, it's LIFE, and we're pretty obsessed with it too.



### Money and Career

What's holding you back? The honest answer is it can be a lot of things—fear of success, fear of failure, lack of options, limited thinking to name a few. Compass can help remove the obstacles that stop you from stepping up. Take control of your money or your career and watch the rest of your life fall into place.



### Relationships

Get real and get what you want! If you think best friends, passionate romances, and strong families are only in the movies, think again. It's not easy, but with some Compass guidance, you can create genuine, authentic relationships in your life. You can have the kind of family, love, friends, and associates that people write about.



### Health and Wellness

Are you healthy inside and out? Whether you want to update your look, your image, lose weight, or boost your self-esteem, Compass can provide you with much needed encouragement to break pesky habits and help YOU take charge of your personal health and well-being.



### Spirit

What is at the center of YOUR Compass? Your Spirit is your core, and defines who you are. It is the vantage point from which you view the rest of your life. To live from your Spirit is to live from your heart. Compass wants to help you do that, because we believe that when you live from your heart, you live with passion and purpose.