



# THE LIFE REIMAGINED PROGRAM





# ABOUT THE PROGRAM

## **Navigating Life's Challenges with Compassion, Resilience, and Expertise**

The Life Reimagined Program is a unique fusion of Life Coaching, Self-Directed Healing, and Education, crafted to ignite positive transformation and guide individuals toward leading a more fulfilling personal & professional life. This personalised 1:1 program is designed for those ready to create meaningful change, overcome life's biggest challenges and transitions, and gain clarity on their direction and purpose.

Whether it's reducing stress, anxiety, navigating grief and trauma, enhancing relationships, building confidence, mastering time management, or improving overall well-being, this program provides the tools and support needed to tackle each challenge head-on. Through a blend of coaching, healing, and education, you'll move from feeling stuck and unhappy to living a life filled with motivation, empowerment, and purpose.

# LIFE REIMAGINED PROGRAM

## 3 Month 1:1 Membership

### WHAT'S INCLUDED

- ✓ 10 hours Life Coaching and/or Self Directed Healing
- ✓ Wheel of Life Health Audit
- ✓ Explore your Ideal Day
- ✓ Craft your Purpose of Life Statement
- ✓ Personal Goal Setting Workbook
- ✓ Master Your Time 5 hr Online Workshop and Workbook
- ✓ Laser Coaching via WhatsApp/messenger/text or email
- ✓ Navigating Difficult Conversations Guide
- ✓ Overcoming Procrastination Guide
- ✓ Worksheets & Activities



# What others have to say

I started my journey with Christy just under 3 months ago. I was lost, angry and tired. To put it simply, I wanted to give up on myself. I couldn't have found Christy at a more perfect time in my life, she has helped me look within and transform for the better. Christy is a mastermind, with so much knowledge and experience she is such a powerful asset to have in your corner. If you are considering coaching with Christy - DO IT!

### ***Mackenzie Brasher***

Christy is a trustworthy, caring & intuitive individual who I would highly recommend to assist you if you are struggling to come to terms and deal with the challenges that we all face in life. If you want to make a positive change to your life please seek Christy's help.

### ***StJohn Axbey - Founder StJohn Axbey Designs***

Christy has been such a great support, healer and coach to me. Her insight, experience, understanding, wisdom and skill have made it possible for me to move beyond trauma and grief to begin the journey from brokenness and despair to healing and recovery. It now seems possible to feel whole and alive again. Thank you so much Christy!

### ***Renee Legg - Lawyer, Partner***

I did a three month course with Christy. I found the combination of coaching and self-directed healing to be very well balanced and complementary. Personally I had profound moments of self awakenings during this three months. Blockages have been removed and my life is more in flow. Three months doing work with Christy has been more beneficial than the years of psychology and psychiatry sessions I have attended. She has a very practical methodology that works and works well.

### ***Sash ...***

Christy's combination of healing and coaching was exactly what I needed to help pull me out of the rut I was in. Christy is knowledgeable, experienced and – most importantly – authentic. She tailored her sessions to focus on exactly what I needed to work on. I have never felt more positive about reaching my potential.

### ***Carmel Murphy - Operations Manager***



# The Process



## Book a Discovery Call

Schedule a complimentary call to discuss your goals, needs and desired outcomes.



## Sign the Agreement

Review and sign the coaching agreement to formalize our partnership and outline expectations.



## Payment and Investment

Complete the payment process to secure your spot and invest in your personal growth.



## Schedule Sessions

Arrange your sessions at times that work best for you, ensuring consistency and commitment.



## Show Up, Take Action, Transform!

Attend your sessions, be curious, implement the learnings and strategies, and watch your life transform.



*Let's get started today!*



## Christy Roberts - Founder Creating Change

*Christy is a highly qualified and experienced Life, Results, and Leadership Coach, Speaker, Educator, and the Global Trainer of Self Directed Healing Practitioners. Winner of the 2023 Alternative Therapy Australian Women's Small Business Champion Award.*

*Offering 1:1 & Group Coaching and Healing, as well as Corporate Wellbeing Workshops, Christy is committed to improving emotional awareness, grief literacy, and empowering others to lead authentic, purposeful lives.*

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