

Welcome!

TO COACHING YOUR FUTURE SELF YOUR JOURNEY TOWARD SUSTAINABLE WELLNESS STARTS HERE

HI THERE,

I'M SO GLAD YOU'RE HERE. WHETHER YOU'RE FEELING STUCK, SEEKING CLARITY, OR SIMPLY READY TO PRIORITIZE YOUR WELL-BEING, YOU'VE TAKEN A POWERFUL FIRST STEP — AND I'M HONORED TO WALK ALONGSIDE YOU.

COACHING YOUR FUTURE SELF IS BUILT ON THE BELIEF THAT SMALL, MEANINGFUL CHANGES CAN TRANSFORM YOUR LIFE. TOGETHER, WE'LL EXPLORE MOVEMENT, NUTRITION, SLEEP, STRESS, AND SOCIAL CONNECTION — NOT AS ISOLATED GOALS, BUT AS INTERCONNECTED HABITS THAT SUPPORT YOUR WHOLE SELF.

THIS PACKET IS YOUR GENTLE GUIDE TO GETTING STARTED. TAKE YOUR TIME WITH IT, REFLECT WHERE IT FEELS RIGHT, AND KNOW THAT YOU'RE ALREADY MAKING PROGRESS.

WARMLY,

ANGELA

FOUNDER & WELLNESS COACH

MY COACHING PHILOSOPHY

I BELIEVE WELLNESS IS PERSONAL, PRACTICAL, AND POSSIBLE. MY APPROACH BLENDS EMPATHY WITH STRATEGY, HELPING YOU BUILD HABITS THAT FEEL DOABLE AND ALIGNED WITH YOUR VALUES. WE'LL FOCUS ON:

- ◆ MOVEMENT THAT ENERGIZES, NOT EXHAUSTS
- ◆ NUTRITION THAT NOURISHES WITHOUT RESTRICTION
- ◆ SLEEP THAT RESTORES YOUR BODY AND MIND
- ◆ STRESS MANAGEMENT THAT BUILDS RESILIENCE
- ◆ RESTORATION & RECOVERY
- ◆ SOCIAL CONNECTION THAT UPLIFTS AND GROUNDS YOU

YOU DON'T NEED TO OVERHAUL YOUR LIFE — JUST TAKE ONE INTENTIONAL STEP AT A TIME.



WHAT TO EXPECT

- SESSION FORMAT: 1:1 VIRTUAL/IN PERSON COACHING
- FREQUENCY: WEEKLY OR BIWEEKLY, BASED ON YOUR NEEDS
- DURATION: 60 MINUTES PER SESSION
- SUPPORT BETWEEN SESSIONS: EMAIL CHECK-INS, REFLECTION PROMPTS, AND OPTIONAL HABIT TRACKING TOOLS

**EACH SESSION IS A SAFE SPACE TO EXPLORE, REFLECT, AND
MOVE FORWARD WITH CLARITY.**

YOUR ROLE IN THE PROCESS

THIS IS A PARTNERSHIP. I'LL GUIDE AND SUPPORT YOU, BUT YOUR COMMITMENT
IS THE KEY TO CHANGE.

I INVITE YOU TO:

- SHOW UP WITH OPENNESS AND CURIOSITY
- PRACTICE CONSISTENCY, NOT PERFECTION
- REFLECT HONESTLY AND CELEBRATE SMALL WINS

YOU'RE NOT EXPECTED TO HAVE IT ALL FIGURED OUT — JUST TO KEEP SHOWING
UP FOR YOURSELF.

GETTING STARTED CHECKLIST

BEFORE OUR FIRST SESSION, PLEASE:

- COMPLETE THE CLIENT INTAKE FORM (LINK OR ATTACHMENT)
- CHOOSE A TIME FOR YOUR DISCOVERY SESSION
- REFLECT ON: WHAT DOES "FUTURE YOU" LOOK AND FEEL LIKE?



FREQUENTLY ASKED QUESTIONS

WHAT IF I MISS A SESSION?

LIFE HAPPENS.

I OFFER ONE RESCHEDULE PER MONTH WITH 24-HOUR NOTICE.

IS OUR WORK CONFIDENTIAL?

ABSOLUTELY.

YOUR PRIVACY AND TRUST ARE FOUNDATIONAL TO OUR WORK.

CAN I REACH OUT BETWEEN SESSIONS?

YES

I WELCOME BRIEF CHECK-INS VIA EMAIL. I'LL RESPOND WITHIN 24-48 HOURS.

CONTACT & SUPPORT

EMAIL:

ANGELA@COACHINGYOURFUTURESELF.COM

WEBSITE: COACHINGYOURFUTURESELF

INSTAGRAM: COACHINGYOURFUTURESELF

IF YOU EVER FEEL STUCK, OVERWHELMED, OR UNSURE — REACH OUT.

YOU'RE NOT ALONE IN THIS.

ANGELA M. HODGES

