



THIS IS YOUR **ONE LIFE**

**Epic Life Coaching is dedicated to those
who know they're Meant for More.**

It is a unique and powerful coaching program
that has been carefully designed to help you find
the meaning, understanding and deep connection
that you have been looking for in your life.

This is your one opportunity.
This is your only life.
And now is your time.

IT'S A MATTER OF **LIFE & LIFE**

Epic Life Coaching provides you with the resources, support and methodology that you need to live your richest, truest life. Developed using advanced practices and with the oversight of our on-staff Clinical Psychologist, Epic Life Coaching is something altogether different.

EPIC LIFE COACHING PROGRAM

The Epic Life Coaching Program is comprised of 12 critical steps that lead you into the life you've been craving. Working with a trained and experienced Life Coach, you will be guided through these steps that draw on advanced methodologies to lead you toward the authentic version of yourself and your life that you have been searching for.

Get honest with yourself — All change starts with honesty. At Rhapsody, one of our core values is Gentle Honesty. It means that we tell ourselves the truth, but we do it with compassion and gentleness. This is an opportunity to speak truth to ourselves about what's really going on in our lives.

Start the next Chapter — Our lives are, literally, stories. Perhaps you look at your story and you don't like what you see. And the story you tell yourself may be holding you back from the life you want and the one you so richly, genuinely deserve. The first step is to take full ownership of your story. It's time to start authoring your Epic Life.

Set your Standards — You have a set of rules that you live by. We all do. These are the personal rules, beliefs and conditions that motivate you and guide your behavior. Or prevent you from changing. Together we will bring them in to focus and then decide if you should continue using them, or get rid of them.

Build your Roadmap — This is about action. It's about putting your life into motion on your terms, and that means mapping out what needs to stop, what needs to start, and how you're going to make this meaningful set of changes take root.

EPIC LIFE COACHING JUMPSTART

The Epic Life Coaching Jumpstart is for those who are facing a sense of drive or urgency about where they are in the life and where they need to go.

This intense 4-hour session is intense and gives you the core answers and plan that you need to step into your Epic Life.

In advance of the Epic Life Coaching Jumpstart, you will complete a series of sophisticated assessments that will take you 3 to 4 hours to complete.

Understand Your Story — This guided discussion will help you understand how the story you tell yourself is shaping each moment, in the present and the future.

Get a Clear Picture — Together we will review the results of the assessments that you completed and use them to have a gentle and honest conversation about what drives you, how you process information, and what strengths you have that you may not be valuing or using to their full extent.

Set Your Priorities — Based on what you want your future to look like, and drawing on what we've learned about your true strengths and weaknesses, we will uncover the priorities that matter the most to you.

Act on Your Success Plan — Epic Life Coaching is about taking action to shape your life the way YOU want it. With the priorities clearly in mind, we will help you build a 12-month success plan and a 90-day action plan so you begin stepping into your Epic Life immediately.

Now is your time.

Don't waste another day wondering what your life could be like.

For more information about the Epic Life Coaching Program and to find out how you can begin building your best life, contact us now.

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