

# Your Coaching Program

**Successful results are built upon a healthy foundation.**

- Coaching program details
- Introduction to your coach
- Investment in yourself
- Next steps

**Healthy Foundation Co.**

At Healthy Foundation Co. we empower individuals to achieve personal and professional fulfillment through our Lifestyle & Career Coaching Program. This structured, results-driven program guides participants through a journey of self-discovery, career advancement, and holistic well-being. With expert coaching, personalized strategies and a supportive framework, we help individuals align their careers with their lifestyles—leading to greater satisfaction, confidence, productivity and long-term success.



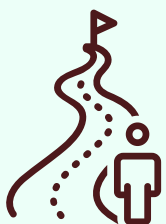
- Our program begins with a **self-assessment/reflection exercise**.
- **Customized exercises and tools** will be utilized during coaching sessions and/or in-between sessions.
- **Articles, books, exercises, videos and other tools** may be recommended to put commitments into practice.



- Typically, sessions are scheduled **2 times a month and are 1-hour** in duration. Frequency and duration will be determine together.
- Sessions can be conducted **virtually over Zoom, over the phone or in-person**. If in-person meetings are preferred, any associated travel costs outside of the GTA should be discussed in advance.



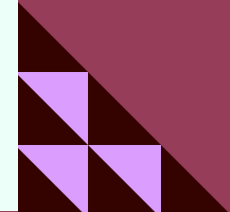
- **Access to your coach in-between sessions** ensures you can ask questions and share ideas outside of scheduled sessions.
- Have a question about an important decision and need a sounding board? **Contact your coach by email or text!**



- Each coaching session is focused on **building actionable steps** that will continue moving you forward toward your goals.
- A formal **check-in at the 3-month point** will assess impact.
- The program will **conclude with an assessment and a clear roadmap** for continued growth and success.

Our Six-Phase Coaching Methodology will empower you with focus, insights and accountability you need to develop a roadmap and accountability plan for steady progress and long-term success.

# SIX PHASE COACHING METHODOLOGY



1

## PROGRAM INTRODUCTION & VISION EXERCISE

- **Program overview** – purpose, expectations and commitment.
- **Self-assessment** – strengths, values, interests and vision.
- **Visualization exercise** – 1, 5, 10 years.

2

## PERSONAL DEVELOPMENT & MINDSET

- **Mindset mastery** – overcoming limiting beliefs.
- **Resilience & stress management** – coping strategies.
- **Time management & productivity** – prioritization and productivity.

3

## CAREER EXPLORATION & GROWTH

- **Honing career path(s)** – skills mapping and industry trends.
- **Career optimizing** – networking, job searching, business development.
- **Personal branding** – online presence and storytelling.

4

## PROFESSIONAL SKILL DEVELOPMENT

- **Soft skills training** – communication, leadership and teamwork.
- **Hard skills training** – certifications, upskilling and tools.
- **Negotiations & workplace success** – conflict resolution and salary talks.

5

## LIFESTYLE & WELLNESS ALIGNMENT

- **Healthy habits for success** – nutrition, exercise and sleep.
- **Work-life integration** – balancing career with personal fulfillment.
- **Financial wellness** – budgeting, savings and long-term planning.

6

## ROADMAP TO SUCCESS & ACCOUNTABILITY PLAN

- **Building a roadmap** – step-by-step strategy for execution.
- **Accountability & progress tracking** – milestones and coaching check-ins.
- **Sustaining success** – adapting to change and growth.

*From a young age, I knew I had grit. I often felt like I had to navigate the world on my own, facing challenges in all aspects of life—health, loss, confidence, family turmoil, and precarious living situations. But every setback fueled my determination. Resilience became my superpower.*

*Along the way, I was fortunate to have people who saw something in me, even when I struggled to see it myself. After earning my BA in Sociology with a focus on Criminology, I became deeply interested in personal growth—Sheryl Sandberg's Lean In became my manifesto. I learned to reframe my thoughts, silence self-doubt, and push forward.*

*My journey has been anything but linear. I've stumbled, lost my way, and rebuilt myself time and again. I've stepped into rooms where I had the least formal experience, taken on roles I wasn't "ready for," and consistently earned my place at the table. Rising to Director and Executive Director positions, I never shied away from using my voice, even in spaces where others hesitated.*

*Through my own coaching and self-discovery, I was asked: If money and resources weren't a factor, what would you do? The answer was clear—I would help people uncover their own grit, passion, and vitality. Coaching is powerful, and I believe in its ability to transform lives. No matter where you're starting from, there is always a way forward.*



“

***80% of people who receive coaching report increased self-confidence, and over 70% benefit from improved work performance, relationships, and more effective communication skills.***

**– International Coaching Federation**

Healthy Foundation Co.

**Allie Kinnaird**

**FOUNDER, COACH, CONSULTANT**



## Select your coaching package

### 12 MONTH

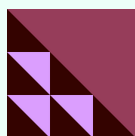
- Self-Assessment & Visioning Exercise
- Kick-Start Session: 1.5 hours
- Up to 20 x 1-hour coaching sessions
- Coach will provide you with customized exercises, resources, tools and assignments to implement in between sessions.
- Optional: Engage up to three stakeholders for monthly feedback.
- Ongoing roadmap development with actionable goals and check-ins.

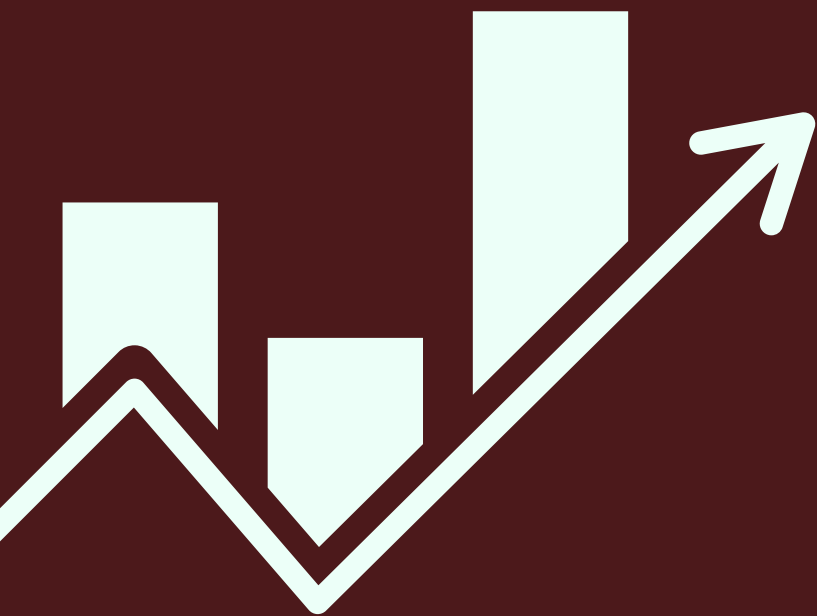
### 6 MONTH

- Self-Assessment & Visioning Exercise
- Kick-Start Session: 1.5 hours
- Up to 10 x 1-hour coaching sessions
- Coach will provide you with customized exercises, resources, tools and assignments to implement in between sessions.
- Optional: Engage up to three stakeholders for monthly feedback.
- Ongoing roadmap development with actionable goals and check-ins.

### 6 EXTRA SESSIONS

- After you have completed your program, you can tap into additional sessions to be scheduled within one year.
- 6 x 1-hour executive coaching sessions.
- Unlimited touchpoints via email/text in between sessions.





# Let's get growing ...

## Next step.

Determine the coaching program that is right for you and email [allie@healthyfoundation.ca](mailto:allie@healthyfoundation.ca) for further information about pricing. I am excited to start building a healthy foundation with you.

**[Healthyfoundation.ca](http://Healthyfoundation.ca)**

**Healthy Foundation Co.**