



Unleashing Potential™

# INDIVIDUAL COACHING

with Justin Patton



Justin helped me find my voice and be confident in that voice. He also helped me with empathy. If you're thinking about going on a journey and doing some coaching, I'd recommend Justin. He will hold you accountable, and he'll make it fun and enriching.

Natasha, Manager of Communications



## COACHING LOGISTICS

Paid for by the individual being coached  
All coaching is done virtually  
Sessions must be used within the month  
All payment collected prior to coaching

### WHY INDIVIDUAL COACHING?

Are you feeling stuck, need to get out of your own way on a particular issue, or are you just ready to start playing bigger? If so, individual coaching might be the right fit for you. This is a month-to-month coaching experience that helps you address what you're thinking and feeling, move past the mindset blocks, and take action on your goals. You're worth that choice.

### INDIVIDUAL COACHING CAN HELP YOU

- Build stronger confidence and trust in yourself
- Break patterns of behavior that are holding you back
- Own your voice
- Create a plan to achieve the goals you say you want
- Discover your core values and purpose
- Maintain better relationships

### 1 INDIVIDUAL COACHING PACKAGE

- Month-to-month coaching package
- 3 hours of virtual coaching per month

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# INDIVIDUAL COACHING

This personalized coaching experience is for individuals who want a coach that can help them address and take action on the goals they feel are important. This experience will target your specific goals and allow you the awareness and tools to lead, love, and communicate more effectively.

Coaching is aimed at creating awareness, generating action, and facilitating growth. My commitment is that I will support you as you look at yourself in the mirror, tell the truth about how you're showing up, and take accountability for your energy and choices.



## Unleashing Potential™ PROGRAM INCLUDES



**A Certified and Experienced Coach to Help Support You**



**3 Hours of Virtual Coaching Each Month**



**Coaching Exercises For You to Complete Between Sessions**



**Email and Text Message Access**



**Autographed Copies of Justin's Books**



**Optional: DISC Assessment**



**A New Mindset on How to Lead & Communicate**



**NATASHA GAFFOGLIO**  
*Manager of Communications*

Working with Justin is a lot of fun and a lot of work. I learned how to find and be confident in my voice. Justin is committed to focusing on the right things and holding you accountable so you see results in the end.



**KARA SUKSDORF**  
*Restaurant General Manager*

Thank you for reminding me that I always had it in me. I just wasn't believing in myself. But now I do!

