

# Parenthood Transition Coach

2020 SCHOLARSHIP PROGRAM

What if you had the tools, accountability partner and self-awareness to feel supported and clear on your goals, even in the craziest moments?

**Believe it or not, that could be your experience!**

If you are willing to do the work, partnering with a transition coach will transform your life. Our scholarship program is offered to individuals experiencing every stage of parenthood from the first trimester of pregnancy to an empty nest. Scholarship winners receive six one-on-one coaching sessions and weekly developmental activities to better serve their parenthood journey. No purchase is necessary to win.

## How A Transition Coach Transforms Your Parenthood Experience



### Define Goals

Better understand priorities and desires, creating a roadmap to get there.



### Navigate Challenges

Utilize strategies to reduce barriers and make room for the unexpected.



### Plan Support

Develop a unique-to-you support plan and network to achieve your goals.



### Communication

Build confidence and clarity while communicating and listening.



Coaching is not therapy and should never replace professional support. Think of this as an "executive coach" experience, but instead of creating goals for a team and business, we use similar strategies to support your personal life.

# Scholarship Application

If working with a transition coach sounds like the support you have been looking for, answer the questions below and email your responses to [omflowyogi@gmail.com](mailto:omflowyogi@gmail.com).

Our first round of scholarship winners will be selected on October 9th, 2020 so make sure you submit your application TODAY to get your name on the list!

## 01 What are your goals for this chapter of your life?

If nothing could hold you back, what are the top two things you would like to experience or achieve in your personal or professional life?

## 02 What are the biggest challenges you face every day?

Write down the first few things that come to mind that are preventing you from living the life you want and achieving your goals.

## 03 What do you hope to gain working with a coach?

What do you hope to achieve when you have the opportunity to work one-on-one with a transition coach?

## 04 Can you commit 2-3 hours per week to personal development?

This will be required for the duration of your coaching experience. This program generally takes eight to twelve weeks to complete. Include how you will make time for self-discovery and development activities.



**Email answers above to: [omflowyogi@gmail.com](mailto:omflowyogi@gmail.com)**  
**Subject: Coaching Scholarship Program**