

FLOURISH

LIFE COACHING

Life Transitions | A Sacred Seasons Coaching Experience 6-Session Coaching Journey

Life transitions often arrive quietly—or all at once. A change in role, season, identity, relationships, leadership, or rhythm can leave you feeling uncertain, stretched, or unsure of what comes next.

Life Transitions is a six-session coaching experience designed to help you navigate change as a sacred season—rather than something to rush through or fix. Within the steady support of a trusted coaching relationship, you'll be given space to slow down, name what is shifting, and discern how God is forming you in this in-between place.

Using the *Sacred Seasons* framework, this journey honors the reality that transitions include endings, waiting, and *new beginnings*.

Together, we will:

- Reflect on what is being released
- Attend to what is being formed beneath the surface
- Prayerfully prepare for what is emerging

This process engages your whole life—spiritual formation, emotional health, relationships, leadership, work, and daily rhythms.

Over six sessions, you can expect to:

- Gain clarity and direction
- Increase self-awareness
- Develop sustainable, life-giving rhythms
- Move forward with intention and discernment

You'll be *gently* held accountable to what you're sensing God is inviting you into, while being supported with grace, wisdom, and care.

This experience is for women who recognize they are in a threshold season and desire to move forward with clarity, courage, and faith—without bypassing the work God is doing right now.

This is not about rushing to the next chapter.
It's about honoring this one—and learning how to flourish within it.

Investment:
\$600

“The righteous will flourish like a palm tree, they will grow like a cedar of Lebanon.” Psalm 92:12



Katie Sullivan, CPLC

Life & Mental Health Coach

Katie@FlourishLifeNow.com

www.FlourishLifeNow.com

