



CREATE HONESTY

COACHING APPROACH



978-293-5060



MMERCIER@CREATEHONESTY.COM



HUDSON, MASSACHUSETTS

THE CORE FOUNDATION OF THE COACHING PROGRAM IS:

VISION

Get a clear view of the vision for your ideal and best life. This includes every aspect of your life - how you want to feel mentally/physically, work/life goals, relationships, etc.

STRATEGY

Turn your vision into a strategy so you'll know what to do. It makes it 100% easier to bring your vision to fruition if the steps are laid out in front of you. It also makes it easier to pivot if needed.

MINDSET

Help to remove any limiting thoughts or programming that may get in the way of your vision. Shift your mindset!

SKILLSET

Giving recommendations on where to build your skillset in order to accomplish your vision.

ENERGY

Audit the energy that comes in and out of your life. What fills you up and what depletes you? We'll work together to tip the scale in your favor!



/CREATEHONESTY

WWW.CREATEHONESTY.COM



@CREATEHONESTY