

PERSONAL OUTREACH SAMPLE COPY

Something you may not know about me is that 3 years ago I went through the hardest time of my life. I woke up with panic attacks. My days were filled with this nagging feeling like something was wrong, but I didn't know what. Someone suggested I hire a coach. At first, I didn't believe it would be helpful, but over the course of 3 months we went through an eye-opening process that changed my life.

What I now know to be true is:

That I can heal myself.

That grief can turn into resilience.

That it's okay to reinvent yourself at any age.

That it's okay to not love your life even if you think you should.

That it's okay to get help. I don't have to be a superhero mom.

That motherhood is about being a model, not a martyr.

That change takes courage, but you don't have to do it alone.

After my own transformation, I wanted to help others the way I had been helped. So I went through a rigorous process to get my coaching certification.

Every client I have ever worked with has had their own series of breakthroughs like the ones that I shared.

Could you use clarity in some area of your life? Would you like to experience the magic of coaching in action?

I'm gifting 25 free coaching sessions to people who are ready for a breakthrough in some area of their lives.

Sessions are 30 minutes. There is no cost, no pitch. This is my way of giving back just a slice of what coaching has done for me.

Would you like to experience the magic of coaching or know someone else who could benefit?

[Click this link to book your free session.](#)

Sessions are first come, first serve. There is no pressure to continue further.

Will you scoop up one of these free sessions?

Here's to your breakthrough!

Stacey

PERSONAL OUTREACH TEMPLATE

Something you may not know about me is (reason I sought out coaching) _____

Someone suggested I hire a coach. At first, I didn't believe it would be helpful, but over the course of 3 months we went through an eye-opening process that changed my life.

What I now know to be true is: (empowering beliefs about yourself, others or life that you upgraded as a result of coaching)

After my own transformation, I wanted to help others the way I had been helped. So I went through a rigorous process to get my coaching certification.

Every client I have ever worked with has had their own series of breakthroughs like the ones that I shared.

Could you use clarity in some area of your life? Would you like to experience the magic of coaching in action?

I'm gifting ____ free coaching sessions to people who are ready for a breakthrough in some area of their lives.

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(name)