



YOUR LIFE DESIGNED  
PROGRAM OVERVIEW

Laura  
CARROCCI

## **YOUR LIFE DESIGNED**

Your Life Designed will transform your life.

Start where you are now.

You are meant to be here.

Its time.

# YOUR LIFE DESIGNED

Your Life Designed a monthly coaching program for high functioning people who want to invest in their personal development.

This program brings together the latest research on human potential and high performance. It teaches you actionable strategies to implement in your life. It takes ideas, knowledge and learning to the next level, so that you get the results you want in your life.

How do we live with optimal wellbeing, perform at our best and stay sane long term?

This coaching program gives you the skills to consistently perform at a high level in all areas of your life with a sense of joy, confidence and fulfilment.

You will get clarity on what it is that you want for your future, what you want to grow into.

You will clean up your life, get a handle on overwhelm, learn to manage your mind, emotions, time and expectations.

You will identify what drives you, what you are deeply connected to, what your why is.

You will learn the essential habits that will ensure you maintain wellbeing, performance and energy long term.

If you are willing to do the work this program will transform your life, I am serious. But it is not a quick fix, done for you program. If you are ready to step up and do the work, you will get the results.

Your Life Designed.

Extraordinary people.

Extraordinary lives.

## HOW IT WORKS?

You enrol in the program.

You get access to the private 'Your Life Designed' coaching page.

Immediately you have access to the introductory material so you can get started. That means if you enrol for the following month you can get started while you wait for that month to commence.

On the 1st of the month you will get access to that months' material.

You get to view the monthly videos and materials and listen to the audio recordings on that month's topic.

You get to participate in monthly live coaching calls, they are recorded so you can also watch in your own time.

You can nominate to be coached live or watch others be coached.

You get to participate in the monthly Q & A live calls, they are recorded so you can also watch in your own time.

You get to listen to the monthly podcast on the particular month's topic.

You have daily access to me and can ask me any question at any time in the 'Coach With Laura' page and I will reply personally.

The written materials include:

- Reading on the months topic
- Workbooks to show you how to implement what you have learnt it into your daily life
- Daily journals to show you how to change your habits and create new ways of thinking, feeling and acting

Everything live is recorded so you can listen in your own time or replay. The coaching topics throughout the year include:

- Who are you?
- What do you really want? Decide and commit
- Emotional Agility
- Manage your time
- Simplify and structure your life
- Relationships: how to improve them and increase your influence
- Money mindset
- Your WHY? Fulfilment, purpose and meaning
- Confidence and courage
- How to have and maintain energy
- Focusing on what is essential
- Productivity: How to get it done and create results
- Influence
- Growing into your future best self

The time commitment from you is up to you. Some people work fast, think fast, others need time to process and consider. But as a general guide be prepared to give 15 min per day to the reading materials, workbooks and journals.

If you want to watch and participate in all the calls then that is approx. an additional 3 hours per month. Overall, if you can put in 20 - 30min per day to this program you will see amazing results in your life.

This program is for people who want change and who are willing to do the work. For people who want to learn and implement a way of living that ensures their overall long-term wellbeing and quality of life.

This program is for you.

There is no contract. Leave when you have what you need. But I am confident you will want to stay!

Payment monthly.

Cost \$308 inc. GST per month (note non Australian residents do not pay GST and will be charged \$280.00 AUD per month)

Cancel anytime with 30 days' notice.

Its time.

Decide.

Commit.

Get out of the cave.

Your life is about to change!

Here is what to do next.

You can sign up today by going to [www.lauracarrocci.com/enrol](http://www.lauracarrocci.com/enrol) there you fill in your details and once submitted will be emailed your log in details so you can get started immediately.

If you still have any questions you can email [laura@lauracarrocci.com](mailto:laura@lauracarrocci.com).

See you inside the program!

So much love.

x Laura

lc.

e LAURA@LAURACARROCCI.COM  
w LAURACARROCCI.COM  
p +61 (0) 408 260 208