



Progress not
perfectionism

HMann.Coach

1 to 1 Client Success Journeys

3-month examples

Client 'A' Goals

Uncertain at first: "just feeling low, easily frustrated; snapping at people.. want life to be 'better'".

week

Lifestyle Baseline and first food change
Strategies for stress reduction in a busy life

1

Modify first food change
Customised stress reduction techniques

2

Couch to 5K started
Prioritise 2x food changes

3

Health measures: waist (inches) and frustration level
Customised 15-minute meditation to ease mind

4

REVIEW AND ENHANCE CHANGES

5

Client on holiday

6

Couch to 5k on track
Client meditating 3/week: mind easing

7

Explore alcohol: need it or want it?
Customised meditation to ease impulsiveness

8

Address relapse of two old patterns
Re-balance from other areas

9

REVIEW AND ENHANCE CHANGES

10

Client emergency / postponed

11

Customise meditation
Client formulating own improvements

12

Couch to 5k complete
Set next food changes

13

REVIEW: Clear choices about wellbeing
Feeling toned, energetic, and less triggered: better relationships

14

EXTEND: FURTHER 3 MONTHS

15

Client 'B' Goals

Specifically stated: reduce work stress, improve performance at work, and feel physically stronger.

Lifestyle Baseline and first meditation
Customised take-home meditation

Explore 2 behaviours that are problematic and apply neutral mindset techniques

Refine meditation
Explore neutral mindset theory and techniques

In-session 45-minute meditation to ease mind
Tailored take-home meditation & yoga

Coach on holiday

REVIEW AND ENHANCE CHANGES

Identifies tricky issues with family gatherings

Address temptations and behaviour relapse through realistic expectations and compassion

Finding appropriate in-person yoga class
Identify next 3 more mindset strategies

Client on holiday

REVIEW AND ENHANCE CHANGES

Address relapse of an old pattern
Re-balance from other areas

Feeling calmer formulating own improvements;
feeling stronger through yoga & exercise

REVIEW: Emotionally buoyant. Less backache, more core strength; work stress minimised

REFLECT AND STAY IN TOUCH

Client success journeys are unique

What does yours look like?

2, 3 and 6-month 1:1 Coaching



[Schedule a chat](#)