

# Coaching

## INFORMATIVE PACKET

*"11 For I know the thoughts that I think toward you, says the Lord, thoughts of peace and not of evil, to give you a future and a hope."*

*~Jeremiah 29:11*



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# I'm Coach Candice

# Welcome

With a deep love for family, faith, and community, I am committed to encouraging others to choose life, cultivate self-worth, and step into their divine calling with boldness and grace. Whether through my ministry, business, or storytelling, I am a voice of hope, healing, and empowerment for those seeking a deeper connection with God and themselves.

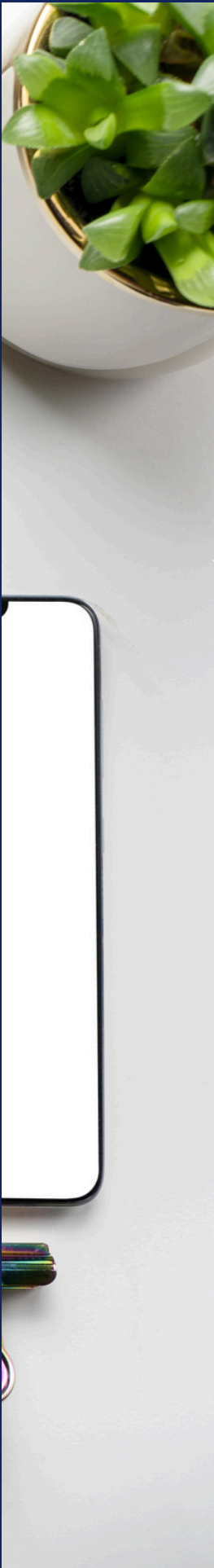
## How I can Help *You*?

Hi, my name is Coach Candice, and I help to empower women believers to embrace their God-given identity and purpose. By focusing on all aspects of their life, through strengthening their self-esteem, confidence, and healing their emotional wounds.

*Candice Lennon*







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## QUOTE

“

*The first step to getting anywhere is  
deciding you're no longer willing to  
stay where you are.”*

”



# My Brand Message

Feeling stuck? At a crossroad in your personal or spiritual life? Even the strongest among us can feel lost, unsure, ambivalent, or unhappy at times. As a certified Life Coach, I can help you understand and manage whatever life throws at you, and how to do it successfully. I believe that you have the strength not just to survive, but to truly thrive.

## ***The Problem:***

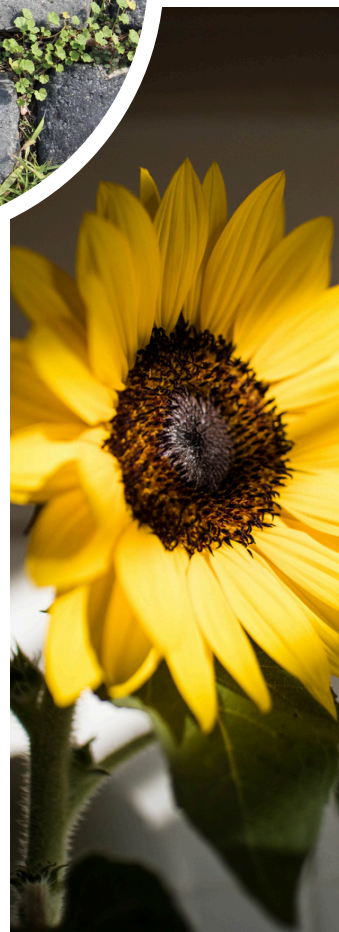
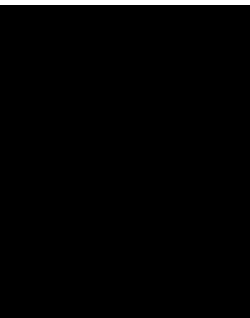
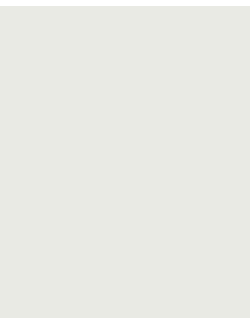
People are living their lives unaware of a silent yet deadly force that affects them in every aspect of their life which is childhood emotional neglect and trauma. It can affect their Identity, their purpose, and the way they carry themselves as an Adult.

## ***The Solution:***

Living Blessed, LLC is designed to allow these individuals to choose from two "7-step" journeys: Restoring Your Identity Journey or Healing in Freedom Journey. Each journey is designed to help the individual to meet their desired goals through the following:

- Mentoring from my personal life experiences
- Guidance through the learning material that I have set in place from certifications, books, and topics I have studied throughout the years.
- Help from the Holy Spirit; because I can't help individuals heal without Him.





Blue:  
Trust &  
Loyalty; makes  
you feel  
confident and  
secure.

Yellow:  
Clarifies and  
inspires;  
positivity

Light Blue:  
Peaceful and  
calming.

Green:  
Growth,  
healthy,  
revitalize your  
body and mind.

Gold:  
Purify, holy,  
wealthy,  
blessed,  
beautiful,  
valuable

Sunflower:  
Disciples, follow the sun (son),  
adoration, loyalty, and  
longevity.

Plants/Greenery:  
Life, flourishing

 **Living Blessed, LLC**  
*Life Coach & Mentoring*



# TESTIMONIALS



Tionna

LICENSED CLINICAL THERAPIST

*Candice introduced me to the meaning of “extending kindness even when it’s not being reciprocated”. That’s just who she is! I now worry less about what others do or don’t do and more about who I am and how I’m leaving my mark. This world is full of judgmental people and during a hard time in my life, she embraced me instead of adding persecution. Whenever my days got really dark, she shed some light.*



Jennifer

ABSTRACT ARTIST

*Candice is easy to confide in. When I was going through some difficulties in my personal life, she was there for me. In fact, it was her wizened perspective and helpful insight that helped me make a big decision that has truly changed my life for the better. I haven’t looked back since. Candice is wise beyond her years. She listens without judgment but is still truthful, honest, and kind. Anyone who goes to Candice will find a real friend with a heart of gold and words of gracious truth.*



# HOW MY COACHING PROGRAM *Works*



Everyone deserves to reclaim the best version of themselves! I have found recently that the strength to embody your identity and attain your purpose comes from your willingness to face the unexplored territory of your childhood trauma. And sometimes the old adage "the closer you get to the past, the closer you are to the future" becomes very fulfilling. Everyone has some sort of trauma but it is how you deal with it is what determines your success as an adult.

As a result-oriented, Certified Life Coach, I help women believers in Christ to birth their Identity & Purpose by strengthening their confidence; decreasing their anxiety, and healing their emotional trauma.

## B R E A K D O W N

- SESSIONS

There will be a total of 17 self-paced sessions for the Journey to Identity and 17 1:1 sessions for the Journey to Healing. Each session will be tailored as a drip course only releasing a new session upon completion of the previous one. We will meet 1:1 biweekly to go over the session topic for clarity and discussion. Each 1:1 session will be virtual through Zoom or your members portal.

- SPIRITUAL GUIDED

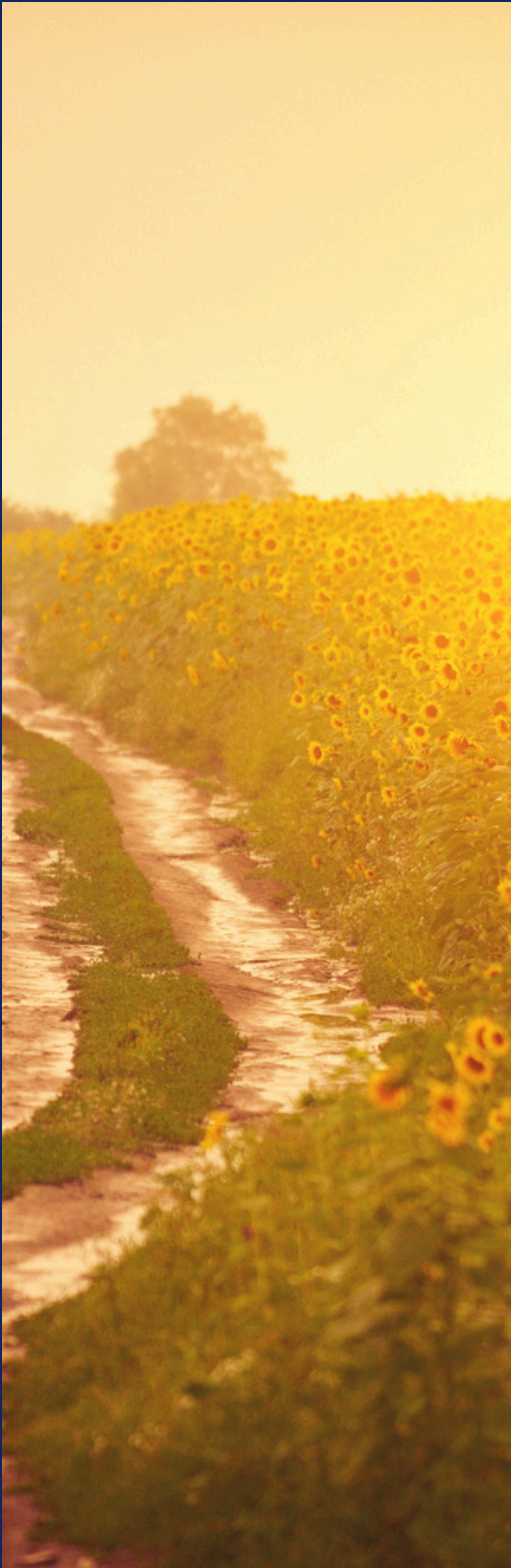
Not only am I a Life Coach but I am also an Ordained Minister. My program is grounded in Christ and His Word. Every teaching, advice and guidance I will provide to you will be influenced by the Holy Spirit. I seek Him to guide you.

### DISCLAIMER

In order for you to get the best results out of this program you are going to have to put in the work. It's not time that will heal all wounds but it's what you do with the time that will heal all wounds.



# WHAT TO EXPECT



1

## WEEKLY SESSION & CHECK IN

There will be self-paced or 1:1 sessions designed to help you on your journey; and bi-weekly 1:1 check-ins. These sessions last over a 7-month period or 9-month period depending on which journey you decide to choose.

2

## ACCOUNTABILITY

On this journey there will be rough and hard times as you uproot old wounds and break pass low-self-esteem or lack of confidence; so I will be your #1 accountability partner. Be expected to receive monthly follow-up emails and texts.

3

## SESSION ASSIGNMENTS

There will be guided session assignments after each session to allow for deeper understanding and reflection. Each assignment will be discussed at the beginning of the following session to allow space to discuss further.

4

## EDUCATIONAL RESOURCES

You will have full early access to any products (digital or printed) and events hosted by Living Blessed, LLC at a 50% discount.



# Our Services



## 1

### Discovering Your Purpose

Let's embark on a path that will unveil who you are and what you are called to do. I believe that someone special is waiting to meet you, and they've been waiting a long time.

What if...you started with yourself, with your hands on the wheel of your life? What if...you took off the mask, found your voice, and learned to speak it loud? What if...you had courage, and you knew how to listen? What if...you dared to be different from what is expected, and then really got out of your comfort zone? What if...you created a new story for yourself in the midst of your old story, something that would make you happy and help others too? What if...you were there for the people who need you? What if...you believed in a world that was about love, kindness, and joy instead of fear, competition, and anger? What if... you choosed you.

[CLICK FOR  
MORE INFO](#)



## 2

### Healing in Freedom

No one should be struggling alone. Trust me... I know just how powerful it can be to speak up and speak out to conquer the challenges of the past, and celebrate the dreams of a brighter future. I am here to help you on your way to healing from the past, letting go of shame and pain, and learning to truly live. Learning how to heal is a lifelong process.

You need to heal from your emotional pain, and societal ills, if you ever want true freedom and peace. No victim, no shame, just freedom. Looking to find the courage to break free and heal the scars? Start by empowering yourself with our program.

[CLICK FOR  
MORE INFO](#)



## — Encouraging Scripture —

“

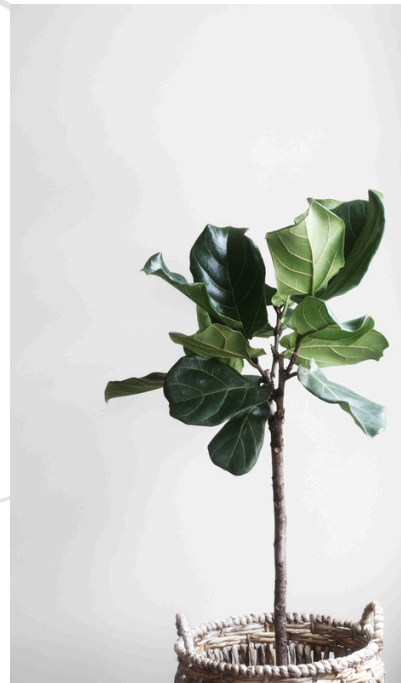
*Cast thy burden upon the Lord, and He shall sustain thee:  
He shall never suffer the righteous to be moved.*

*~Psalm 55:22*

”



# Coaching *TIMELINE*



*DISCOVERING YOUR  
PURPOSE*

MODULE 1

## Intro/From Nothing to Something

This month's journey will consist of "getting to know" each other and the community. We will be focusing on individual goals and what each person would like to accomplish on this 7-month journey of embracing, restoring, and renewing their Identity and Purpose. We will go over paperwork, expectations, schedules, and any technology complications that might arise. Additionally, we will dive into beginning your journey by getting you into the headspace that you are worthy of and wanted by God. We will discuss the difference between the Orphan Spirit and Sonship (Daughtership) Spirit. Understanding the difference will begin to build a solid foundation for walking into your Identity and Purpose.

Month 1

MODULE 2

## Overcoming Mother and Father Wounds

This month's journey is to uproot some childhood traumas concerning your parents and understand why you do the things that you do.

Month 2



MODULE  
3

## Who Am I?

In this month's journey, you will explore Identity by understanding the basis and foundation of Identity in Christ. You will know how to discern if something is not of Christ and how to avoid it as well as the power of prayer and why it's crucial in your Identity. To wrap this module up you will get tips on how to build your confidence.

Month 3 & 4

MODULE  
4

## What is Your Spiritual Gift?

This month's journey we will be understanding the gifts that you were created with to give a foundation for your purpose and what you were created to do.

Month 5

MODULE  
5

## Purpose-Driven Life: Defining your Purpose & Vision

In this month's journey, you will be exploring purpose in your life and identifying your existing purpose. We will be creating a purpose statement and setting goals to develop habits and successful strategies to make sure you achieve and stay on track with your purpose journey.

Month 6

## MODULE 6

### Connecting with Others

In this month's journey, you will know how to build and grow meaningful relationships and the power of community. With building relationships comes conflict and misunderstanding so you will also learn how to manage conflicts within relationships and life in general.

Month 7

## MODULE 7

### Embracing Your Purpose

By the time you get to this last month of your journey you will have the courage and strength to accept and take on the challenge of pursuing what you feel you were born to do. You will understand how to be true to yourself and face your fears and doubts head-on with courage and determination. Which will require you to focus on achieving goals, despite setbacks, and using life experiences to help make decisions.

Month 8

Coaching  
***TIMELINE***





# Coaching *TIMELINE*



*HEALING IN FREEDOM*

MODULE  
1

## Intro/From Nothing to Something

This month's journey will consist of "getting to know" each other and the community. We will be focusing on individual goals and what each person would like to accomplish on this 7-month journey of embracing, restoring, and renewing their Identity and Purpose. We will go over paperwork, expectations, schedules, and any technology complications that might arise. Additionally, we will dive into beginning your journey by getting you into the headspace that you are worthy of and wanted by God. We will discuss the difference between the Orphan Spirit and Sonship (Daughtership) Spirit. Understanding the difference will begin to build a solid foundation for walking into your Identity and Purpose.

Month 1

MODULE  
2

## Dangers of a Wounded Soul

This month's journey is to identify and understand what is a wounded soul and discuss the dangers of living with unhealed trauma in your life.

Month 2



MODULE  
3

## Overcoming Mother and Father Wounds

This month's journey is to uproot some childhood traumas concerning your parents and understand why you do the things that you do.

Month 3 & 4

MODULE  
4

## Overcoming Rejection and Emotional Wounds: Intensive

This month's journey will be focusing on healing your past traumas by understanding the root of the trauma and how your childhood is now affecting your adulthood. You will also be undergoing a personal healing and deliverance session with me if you choose to be completely healed and whole.

Months 4 - 7

MODULE  
5

## Overcome Living with Anxiety

This month's journey will focus on the importance of having coping mechanisms and techniques in place for people who suffer from Anxiety; which will in turn help to reduce the frequency and intensity of the symptoms. Whether you suffer from this or not; it is good to know the techniques so you can help someone else in need.

Month 8

## MODULE 6

# Embracing Your Purpose

In this month's journey, now that you know who you are; you must now know what you were called to do. You need to understand what makes you unique, what you want to do with your life, and how that relates to the world. The next step is figuring out what your goals are; writing a vision plan; in order for you to work towards them. Finally, you will need to walk down the path God has chosen for you and use your vision plan as a way of guiding you on this journey.

Month 8

## MODULE 7

# Walk in Your Restoration

In this last week of your journey with me, you will be encouraged and released to walk in your restoration and explore the process of your personal transformation. We will do our final wrap-up session and discuss any other possible areas or concerns you might have.

Month 9

*Coaching* **TIMELINE**





## Instead of this

Struggling through the sessions and assignments, having a hard time keeping up due to life.

Multitasking during sessions and 1:1's

Worrying, doubting, and complaining that you don't see a change.

## Do this

Keep Clear and Effective Communication with me.

Be an Active Listener. Reflect and take Notes.

Apply the Techniques, Exercises, and Homework to your daily walk. And understand Healing takes Time WITH Action.

# Journey GUIDELINES

*Journey*

# PRICING Guide



\$57

## Discovering Your Purpose

- 7-month Payment Plan
- Seventeen 30-min Self-paced Sessions
- Biweekly live 1:1 coaching session
- Focus on birthing your Identity and walking in your Purpose
- Homework after each session to implement exercises
- Educational Resources and Guidance
- Email follow up and check-in to ensure accountability



\$137

## Healing in Freedom

- 8-month Payment Plan
- Seventeen 50-min 1:1 Sessions
- Focus on healing your wounds from past trauma and neglect.
- Homework after each session
- Educational Resources and Guidance
- Email follow up and check-in to ensure accountability
- Inner Healing & Deliverance Session



\$397

## Discovering Your Purpose

Full Payment



\$877

## Healing in Freedom

Full Payment  
Save \$219





## **EMBRACE YOURSELF. EMBRACE YOUR LIFE.**

One of the most important decisions you'll make in life is the decision to live. If you're tired of just existing and are longing for more, without a purpose then the journey of healing and discovering who you are in Christ awaits.

Transform your life and rediscover the joy in whom you were meant to be. You may start out feeling uncomfortable, but what true happiness does is guide you gently back to the authentic you that's been lost for so long.

Are you ready?

**COUNT ME IN**

# COACHING *Resources*



Managing your self-care is important but how do you know if you're doing it in the best way possible? From self-love to physical health, the **Living Life: Self Care Planner** has a space for you. This planner will help you make time for yourself, improve your sleep, eat more mindfully and healthy, and let's not forget it will help you make some time for fun.

You're unique. You're a one-of-a-kind masterpiece who's destined for greatness. There's a story unfolding inside of you, and **Journaling My Journey** will help you to get in touch with the part of yourself that has been longing to be heard.



"**the Life Planner**" is the digital planner that helps you focus on what matters. It's for people who want to make more time for themselves and create a better balance between work and life. It's for people who want to be more present. And it's for people who know that creating boundaries with technology is important. It helps you find your focus, stay motivated, and get organized.



[VISIT THE STORE](#)



Thank You  
Let's be friends

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