



WELCOME

KICK-OFF GUIDE



YOUR TIME IS NOW.

You've made a choice that will change your response to change and your life. Congrats. ;)

Over the next 6 weeks, I will be teaching you the skills you need to create a more effective response to change and a level of stress mastery you probably didn't even know was possible.

I've created a program to help you become empowered in the truest sense of the word. The methodology I've built takes complicated psychological theories and language and turns them into accessible strategies that you will use for the rest of your life.

This is a fully immersive VIP experience with live elements to make sure you stay accountable and on track to achieve your desired results. If you give this program your all, I believe your only question will be, "Why didn't anyone ever teach me this?"

Read through this welcome guide carefully and familiarize yourself with what you can expect as we start our time together. I couldn't be more excited that you've chosen to take this transformative journey with me.

YOUR NEXT STEPS:

1. Read through this Welcome Guide in its entirety.
2. Add the meeting dates and Zoom information to your calendar.

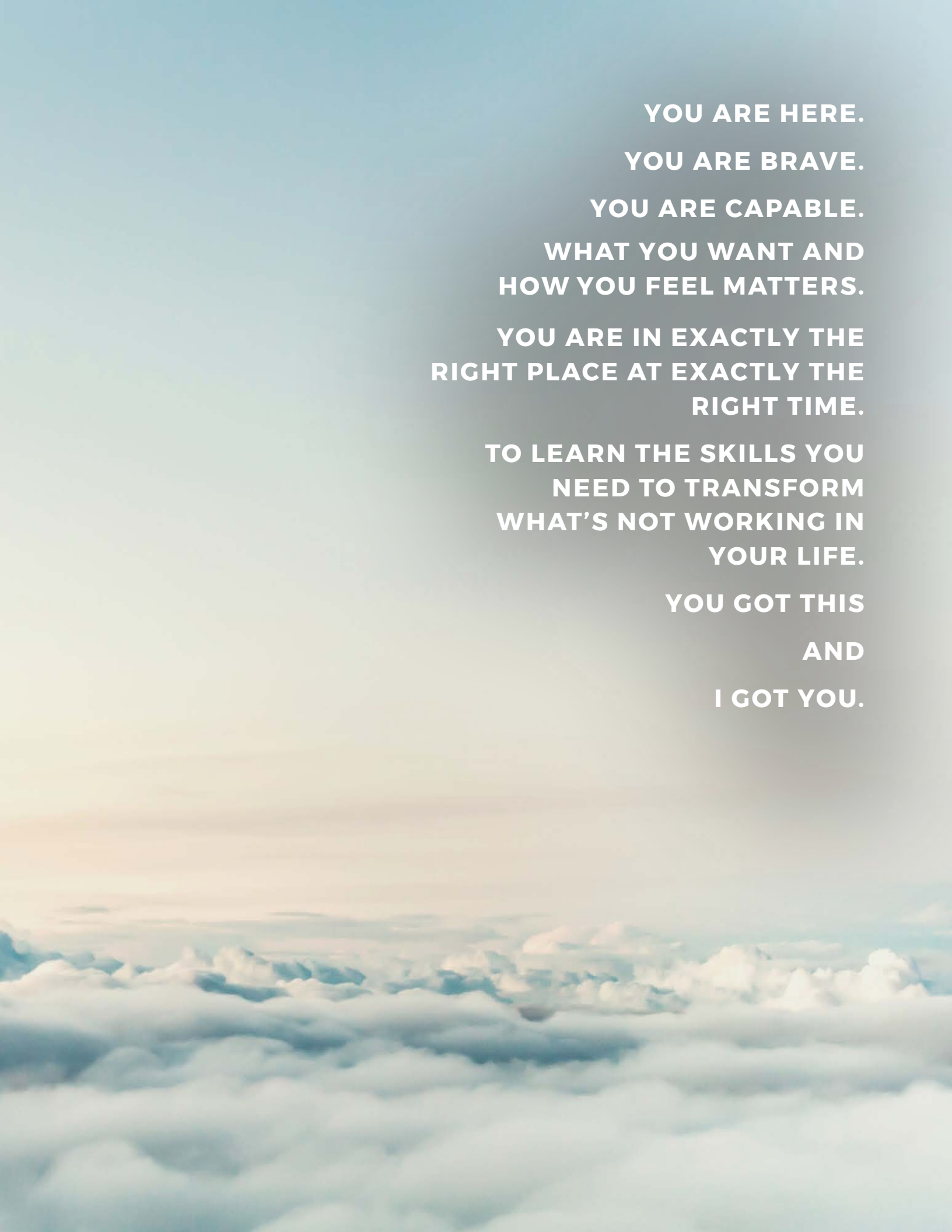
Here's to your success!

Leslie

**COURAGE IS ONLY AN ACCUMULATION
OF SMALL STEPS.**

GYORGY KONRAD





**YOU ARE HERE.
YOU ARE BRAVE.
YOU ARE CAPABLE.
WHAT YOU WANT AND
HOW YOU FEEL MATTERS.
YOU ARE IN EXACTLY THE
RIGHT PLACE AT EXACTLY THE
RIGHT TIME.
TO LEARN THE SKILLS YOU
NEED TO TRANSFORM
WHAT'S NOT WORKING IN
YOUR LIFE.
YOU GOT THIS
AND
I GOT YOU.**



HELLO AND WELCOME TO YOUR GROUP PROGRAM!

I am so excited that you decided to join me on this transformational journey.

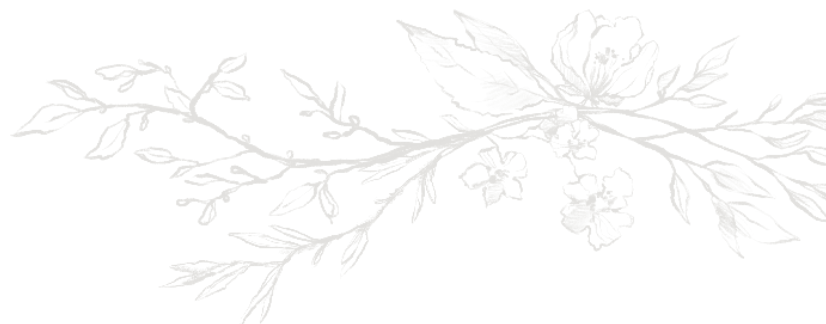
I want to thank you for trusting me. I know for a lot of you it was difficult to get here or a hard decision to make but I want to assure you, you made the right decision! These next 6 weeks have the power to completely transform and uplevel your both your personal and professional life. And most importantly, it will change how you relate to yourself and show up in the world.

So, if you think about where you are right now, your biggest problems, your biggest concerns and wellness pain points, that's what we are going to handle in this group.

Each week, you'll learn and incorporate a new motivational strategy into your daily routine. It is your responsibility and a gift to yourself to show up fully - you signed up, you're ready and now it's GO time!

Please prioritize yourself, add some dedicated space into your calendar to attend class live, do the meditations, and follow your commitments to yourself every week. Because again, this is the foundation that we are building your transformation upon.

You deserve to get what it is you came here for. You can count on me to do my part, keep my word, and deliver the specific content I promised. The second half of your success equation depends on YOU stepping up for your highest good by approaching our time together like it's your job, like you're worth it, and like you know you deserve it - because you do!





MY RESPONSIBILITY AS YOUR GUIDE:

- Be on time for our weekly sessions.
- Be fully present with you during our weekly sessions and answer your questions wholeheartedly.
- Gently challenge you to safely step outside of your comfort zone.
- Lead with love by offering honest feedback (yes it may be uncomfortable).
- Keep our collective space safe .
- Provide a solid container for you to learn, focus your time and attention on yourself (for a change) and not feel compelled to take care of all the other people in our group.
- Offer support, encouragement, feedback and expert guidance throughout our time together.



AS THE STUDENT, YOUR ROLE IS TO:

- **SAVE ALL LIVE Q&A DATES TO YOUR CALENDAR NOW** (see all of the dates below).
- Show up for each session and event on time (if you can) without any distractions.
- Give 100% of your effort before, during, and after the program. Follow a “no excuses” policy.
- Take 100% responsibility for your success or failure to achieve your goals. Readjust when needed.
- Be proactive and contact me immediately if you are not receiving the weekly emails or access to the education platform.
- Complete your Intake Questionnaire.
- Take the action steps laid out for you in the program.
- Agree to and follow the Rules of Engagement.
- Have an open heart and beginner’s mind, be curious and coachable.
- Be willing to look at things from a new frame of mind.
- Make all payments on time, and honor all policies.
- Ask any questions you may have as they arise and seek out support when you need it.



LIVE CLASS SCHEDULE

Here's the Zoom Information you need to join the call each week:

<https://arizona.zoom.us/j/84937180666>

6 Week Group Coaching Program Dates:

- Week 1: Saturday, January 28th
- Week 2: Saturday, February 4th
- Week 3: Saturday, February 11th
- Week 4: Saturday, February 18th
- Week 5: Saturday, February 25th
- Week 6: Saturday, March 4th

Time: 9-10 am MST (10 am CST, 11 am EST, 8 am PST)

Now, the most important thing you can do today is to MARK YOUR CALENDAR, because I don't want you to miss any of the calls. Please note, I am based in Tucson, Arizona, USA so when I mention a time, I am referring to my time zone.



*Here's to
your success!*

Dr. Leslie Bosch is a developmental psychologist and a National Board Certified Health and Wellness Coach. Leslie received her training from the Andrew Weil Center for Integrative Medicine. Leslie earned her PhD in Family Studies and Human Development from the University of Arizona.



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