

Blissbound Coaching & Leadership unveils a groundbreaking style of teaching and learning in the personal growth field...

## Introducing **Multidimensional Email Coaching**

The demand for effective support, inspiration and personal empowerment is higher today than ever before. In response to this, Blissbound is offering a new form of life coaching designed to ignite widespread change and growth.

I admit, I never believed in the concept of email coaching before. Then the idea for this “newer version” came to me, a program geared to learning about oneself through the thought-provoking, catharsis-inducing act of writing and being “written to,” and I felt compelled to offer it to others. Sometimes it is easier to be honest with ourselves and conscious with our thoughts in writing, without the need to have to instantly “respond” to someone.

Some of my own, most profound growth has come from writing and receiving feedback via email. This program is designed to invoke the same type of learning and change for you. It is also great for professionals and moms who may not have time to schedule regular coaching sessions, but wish for support and mentorship in their world.

### **What are my options for multidimensional email coaching?**

#### **Package 1**

**Duration: 4 weeks (one month)**

**Investment: \$210/month**

1. One Pre-Coaching Welcome Call (in your first month of coaching only) – 20 minutes
2. Pre-Coaching Questionnaire
  - This form asks you to delve into who you are and where you want to go in detail. The day I receive your completed form is when that month’s email coaching begins.
3. Weekly Client Update and Coaching Preparation
  - Completed by you, this is the weekly structure we’ll use to support you in letting go of patterns that no longer serve you, getting clear on your goals and intentions, and taking action from your newfound awareness.
4. Weekly Coach Response
  - In response to your weekly update, I will send a lengthy response individualized to YOU, complete with growth-prompting questions, insights, observations, guidance, ideas, challenges, inspiration, suggested homework or exercises, resources, etc. Report promised to be filled with humor, heart and soul.

5. Ongoing email dialogue based upon the weekly coach-client update-response exchange. I respond to your emails within 48 hours, if not sooner.
6. Long Distance Energy Healing (weekly, optional)
  - o Energy healing offers a high vibration of life-giving energy to every level of your being (mind, body, spirit), inviting you to further align with who you really are, the place from which your true potential is activated and expressed.
7. Option to coach for only one month OR for longer (you choose on a month-to-month basis)
8. Access to Blissbound's monthly "storyletter", *BlissBites: Soul Snacks for Busy People*

## Package 2: You Are Victorious

**Duration: Two weeks/month (every other week)**

**Investment: \$105/month**

- o Same as Package 1, but **for two weeks per month, on an every-other-week basis**

### What are the benefits of email coaching?

Some of the greatest support and inspiration I have received has been in writing: in books, from authors whom I have never met, and from friends, via email. God gives great advice, too. I have not needed to sit across from these beings in person or on the phone to receive their monumental support. Imagine hiring your own personal "author" to respond DIRECTLY to your life's greatest questions and burning desires.

Imagine having someone with whom you can communicate throughout the week, to support and inspire you to take consistent steps in the direction of a) being more of who you are, b) doing more of what is aligned with your heart and true purpose, and c) the most joyful and fulfilling life possible? These are a few of the perks of email coaching. Below are a few more.

- o Ideal for highly **motivated, self-directed learners**
- o You email when it is **convenient for YOU**, anywhere or anytime
- o Offers **consistent, frequent support and inspiration** when you need it
- o **Small investment** to participate
- o **Holds you accountable** in writing so you can **better reach your goals**
- o You have **time to think** over your responses and **digest the learning**
- o Expressing oneself in **writing can be cathartic and easier** for some people
- o Email can be an **intimate** form of communication
- o You have a **written record** of your growth and progress
- o Some people **learn better from reading/writing** than from talking/listening
- o It **makes coaching accessible** to people who may not choose to spend their time or money on live coaching
- o **Great for moms** who may not have as much flexibility in scheduling appointments or finding quiet, private places to chat
- o **Great for former clients** who have completed LIVE coaching and wish to maintain some support and guidance and mentorship

## What do we talk about and work on in coaching?

The agenda is always set by YOU. You'll be encouraged, however, to explore, reflect upon and act on both your **“small agendas” and short-term visions** (the day-to-day and week-to-week priorities and goals) **AND** the **“bigger agendas” and long-term visions** (the larger life questions and dreams that call you forth into your full potential). You'll be invited to further **harmonize the “yin” (being, feminine) and “yang” (doing, masculine) of yourself and your life**, which, as you know from Eastern thought, is the **ultimate source of balance, fulfillment and success**.

## What makes Blissbound email coaching multidimensional?

Beyond the optional energy healing included in the package, this coaching is multidimensional because it will **empower you to expand your awareness at the level of the body, mind/emotions, energy and all of existence**. You will be encouraged to tap into **multidimensional resources** that you did not know you have and that are intended to work in concert with the more “practiced” tools with which you are already familiar, like the brain. These are resources that can support you in becoming the **creative master** you are, and **aligning with your heart, true purpose, and ultimate bliss**. From here, you create the life that you “meant to”, and, in so doing, offer the greatest possible **service to the world**. EVERYONE benefits.

## How do I get started?

1. **Send an email** to me at [allison@blissbound.com](mailto:allison@blissbound.com) telling me of your interest to begin email coaching. I will then send you a Welcome Letter that outlines the procedure for the coaching and the coach-client agreements.
2. **Make the investment**. Your fee serves as a sign of your commitment to and investment in this process to be of ultimate service to your life. To make a secure payment, you may do one of the following:
  - Go to [www.paypal.com](http://www.paypal.com), and click on the “Send Money” button. Follow the directions from there. Please use my email address, [allison@blissbound.com](mailto:allison@blissbound.com), for sending this payment.
  - Mail a check or money order directly to me. Please make checks payable to Allison Arneill, and send to P.O. Box 558, Mount Shasta, CA 96067.

Upon receipt of your payment, I will send you the Pre-Coaching Questionnaire. Your email coaching adventure begins the day I receive your completed questionnaire. Should you have any questions along the way, please email me at [allison@blissbound.com](mailto:allison@blissbound.com).