



PERSONAL DEVELOPMENT

menu

1. Boundaries

Do you have healthy, weak or wall building boundaries?

2. Stop being frustrated and resentful.

Let's create healthy boundaries.

3. Self-care

Are you taking care of your physical appearance, health, emotional needs...plus others

4. Are you unmotivated? Or are you doing too much?

Let's explore how to speed up and take action or slow down and do less and GROW!

5. Detox your relationships

Who are you spending time with that is draining you? Let's be intentional about who gets your time, and energy!

6. The power of NO

Let's gain understanding on when No is necessary & how to say No w/out feeling guilt.

7. Stop procrastinating

Do you have a task you're always putting off and never seem to complete? Well, it's time to sweep it up!

8. Improve your work or home life

Let's explore what you Love and loathe

9. Grow your self-kindness

Let's discover why you need to grow your self-kindness, Let's explore ways to do so. It's time to be HAPPY AND IN LOVE with self!

10. Boost your confidence

Let's explore self-Love

11. Identify unused or untapped Strengths

Strengths come naturally, skills are learned, and talents are innate abilities

12. Analyzing your environmental strengths

Who are the people that have your back? Is your circle a support circle or are y'all just hanging out?

13. Do you really live by your values?

Let's explore and access your values, values-action discrepancies and value-based living

14. Do you know how resilient you are?

Let's explore your self-kindness vs self-judgment; common humanity vs isolation; mindfulness vs. over identification

15. Strengths

Do you have hidden strengths? Do you know what your strengths are?

16. Discover your energy zappers.....

Do you feel exhausted? Is it mental, emotional or physical?

17. Team "you"

Is your crew full of cheerleaders or duds?

18. Are you holding on to grudges? Won't let go of the past? Resisting Change?

Let's explore what that is doing to you, and how you can look toward the future and let it all GO!!

19. Increase goodness in your life!

It's time to let those bad habits go! Daily success is the goal.

20. Too much to do, with so little time?

Do you get in your own way? Need help sorting it all out. Let's work on it, one week at a time.

21. Three month tap in.....

Set goals...become resilient....crush challenges.....win.... Grow!

22. What really matters to you? Cause at the end of the day, the day gonna end.....

Examine different aspects of your life and see what really matters to you.

23. You, at your Best!

Write a story where you are great, you shine, you win at all of the things- highlighting your strengths & values

24. Red light, Green Light...

Energizing vs disengaging activities

25. Tone down (or up) your strength

Let's learn to manage our strengths better

26. Get yo' mind (emotions) right!

Let's gain an understanding about your emotions.

27. Increase awareness during meditation

Develop awareness through mindfulness meditation

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28. Career Choice, yours?

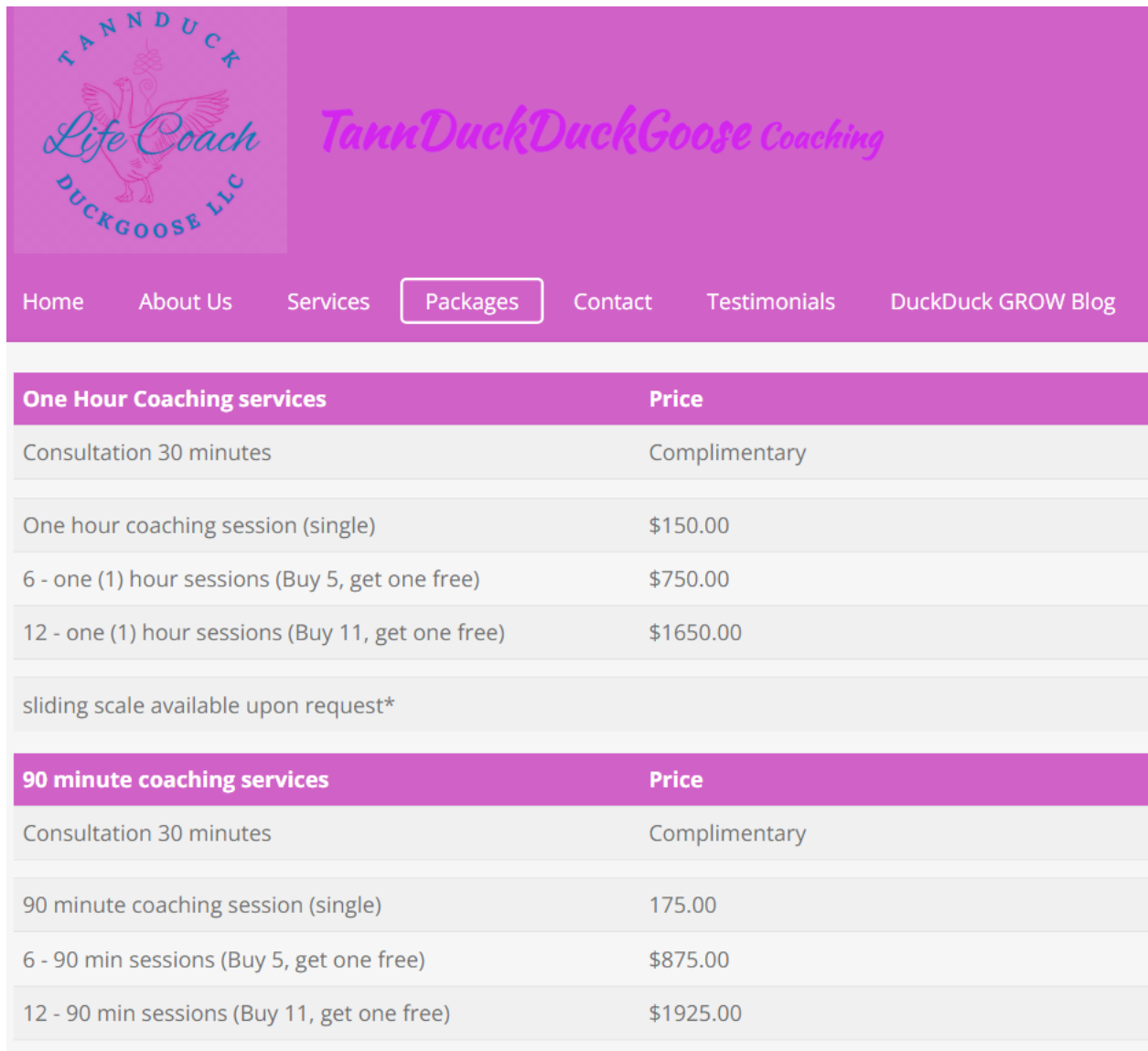
was your career influenced by a parent?

29. Does your job reflect your personal values?

Is your job meaningful?

30. I Love/Hate my job!!!

Identify work related likes and dislikes



The screenshot shows the website for Tannduck DuckGoose Coaching. The navigation menu includes Home, About Us, Services, Packages (highlighted), Contact, Testimonials, and DuckDuck GROW Blog. Below the menu are two tables detailing coaching services and prices.

One Hour Coaching services	Price
Consultation 30 minutes	Complimentary
One hour coaching session (single)	\$150.00
6 - one (1) hour sessions (Buy 5, get one free)	\$750.00
12 - one (1) hour sessions (Buy 11, get one free)	\$1650.00
sliding scale available upon request*	

90 minute coaching services	Price
Consultation 30 minutes	Complimentary
90 minute coaching session (single)	175.00
6 - 90 min sessions (Buy 5, get one free)	\$875.00
12 - 90 min sessions (Buy 11, get one free)	\$1925.00