

About Lauren

Lauren Harnett has been working to help people achieve new levels of success in their lives for over six years. She is a Professional Certified Coach with the International Coaching Federation, a Canadian Certified Counsellor with Canadian Counselling and Psychotherapy Association, and a Success and Mentor Coach with the worlds largest coach training institute iPEC. She has worked with people all over the world and will bring her skills, focus, and experience to every client as she supports them achieving their goals.

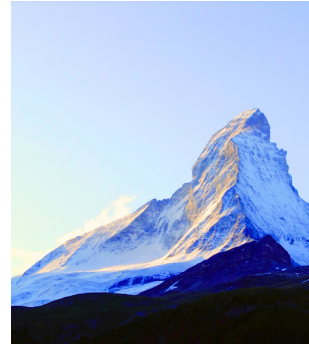
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Mindset Mastery



COACHING PACKAGE

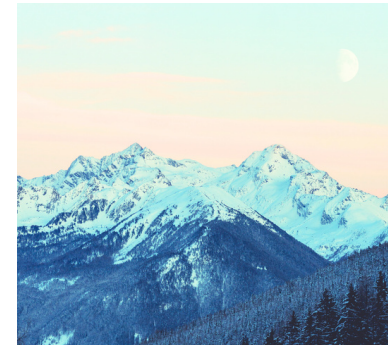
Designed to get
optimal clarity
about your future

Valued at \$655



"THE FUTURE IS NOT SOMETHING TO PREDICT. THE FUTURE IS SOMETHING TO BUILD."

FRANCO ONGARO @ESA



WHAT IS INCLUDED:

1

ELI Assessment

2

Exercises designed to create maximum clarity to help navigate your future.

3

60 - minute virtual coaching session with Lauren.

iPEC's Energy Leadership™ Index (ELI) assessment is a research-backed assessment that provides insights into how you show up in various aspects of your life. The assessment measures your ability to lead yourself and others to take positive, productive, and sustainable action.

ELI

The ELI produces a tangible result, giving you awareness about who you are and your level of engagement in the world. You'll also be able to see your energetic reaction to stress so that you can recognize—and if you choose to, consciously modify—that response utilizing the new insight and perspective.

More info found at:
www.ipeccoaching.com/ene