Recalibrated Mindset Coaching

4 Free Coaching Sessions: Build Resilience & Recalibrate Your Mindset

Auction Item for the National Federation of the Blind Colorado State Convention

What’s Included:

• 4 One-on-One Coaching Sessions designed to help you shift your mindset and build resilience for long-term success.

• Practical Tools & Strategies to boost confidence, reduce stress, and create lasting positive habits.

Session Overview:

Session 1: Foundations

• Discover how your beliefs shape your mindset and commit to recalibrating your thought patterns.

Session 2: Reflect and Recognize

• Build confidence by reflecting on past successes and using those wins to fuel future growth.

Session 3: Power of Words

• Learn how the language you use can transform your mindset, with practical self-talk exercises to build resilience.

Session 4: Gratitude and Awareness

• Develop gratitude and self-awareness through journaling and mood tracking, helping you shift focus from challenges to solutions.

About David G

He’s a passionate encourager, motivator, Mindset Coach, and Motivational Speaker, dedicated to helping people recalibrate their mindset and live with confidence

and boldness. Having overcome my own challenges, including depression, kidney failure, and loss of sight, I now empower others to shift their perspective,

transcend obstacles, and thrive in life. My coaching blends

biblical principles,

positive psychology, and Cognitive Behavioral Therapy (CBT) to create lasting transformation.

Why It’s Valuable:

• Tailored Support: One-on-one coaching designed to meet your personal needs.

• Proven Methods: Positive psychology, CBT, and biblical principles combined to help you thrive.

• Real-Life Transformation: Tools that create lasting change, helping you stress less and embrace life with confidence.

Total Value: $799.

(Bid for a chance to experience a life-changing coaching series designed to transform your mindset and empower you to thrive!)