

OUR PROCESS

However you decide to engage with Rise Up & Live Wellness, *Kelli's* unique coaching techniques and programs take clients through a proven seven-stage process.



Awareness:

Initially, you become acutely aware of an issue you may or may not have known was an issue. As a result, you experience a distinct awareness about yourself, your perspectives, and your environment.

Curiosity:

After you become aware, you start to get curious. You begin asking questions and digging deeper to reveal the root cause of the issue. Curiosity is foundational throughout the entire process.

Discomfort:

As awareness and curiosity heighten, a level of discomfort is experienced. Forming new habits, creating new paradigms is uncomfortable. Here, you may want to “quit” or retreat, become defensive or find excuses.

Comfortable with the Uncomfortable:

At this stage, you have had time to sit in the discomfort and let it settle. You have wrestled your excuses and risen above the damaging self-talk. You feel settled and ready to embrace change.

Self-realization:

As you propel into the phase of self-realization, you combine the initial awareness with the deeper understanding, discomfort, and comfort to launch into inner transformation. You make discoveries about yourself that lead to new habits, mindsets, and ways of being.

Sustainable Lifestyle Changes:

After self-realization, everything you've learned begins to align with sustainable lifestyle changes. Gone are the quick-fix or trend ideologies; instead, you understand that this transformation is a way of being—a way of living.

Success:

Finally, you experience true, sustainable success as defined by the goals you've set out to accomplish. You are now on your way to living your most fulfilled, happy, and confident life.

