

Your Full-Life Layout™ Prep Packet

Congratulations on booking your Full-Life Layout™ Call! I'm thrilled to walk alongside you as you map out what's next in your midlife journey.

This short prep packet will help you reflect, get grounded, and show up ready to make the most of our time together.

What to Expect

This is a free 15-minute mini-strategy session. It's not a sales pitch – it's a collaborative, compassionate conversation focused on: Clarifying where you are now Exploring what you want next Determining if the Full-Life Lift-Off™ coaching experience is the right fit

Before the Call

To prepare, take a few minutes to reflect on the following questions. You don't need to send them to me – just keep your answers nearby when we chat:

- What area of your life feels most out of sync or stuck right now?
- If nothing changed in the next 6 months, how would that feel?
- What would feeling *Fully Out Loud*™ look like for you – in your work, relationships, or sense of self?

Tech Details

We'll meet via Zoom at the time you selected. The link is in your confirmation email. Please show up on time and be in a quiet, distraction-free space if possible.

That's it! I'm so proud of you for carving out this time. You've already taken the first brave step – now let's create space for what's next.

Talk soon,

Jena

Your Fully Out Loud™ Coach