

your free
GUIDE TO LIFE &
HEALTH
COACHING



Traci Bateman

tracicoaches.com

Hi and...

WELCOME!



Traci Bateman knew what she wanted to contribute from a young age after losing her mother to breast cancer at 14 years old; a lifelong journey of wellness. Traci's childhood loss lit a lifelong fire within her of how not to die. Live life. Live it fully. Live for yourself and live for others.

Traci is continually in pursuit of healing, for the mind, body and soul. With her extensive business background, life experiences and her acute ability to listen, Traci has an extraordinary capacity to help and heal. She truly believes in what she has put into the world and knows that she is here to hold space for those in need.

Let's start!

Traci Bateman
TRANSFORMATIONAL HEALTH & LIFE COACH



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What to Expect WORKING WITH A LIFE/HEALTH COACH

One of the most wonderful things about coaching is that it's never about me, the coach. It's always about you, the client. It's also never about what you have done wrong in life, always about what you want to achieve in your life and how we can get you there.

That's why the very first thing I'll do in our session is ask you about your current experiences, and then use one of my favorite new tools to allow us to get a bird's-eye view of where you are at in your life right now.

I loved this so much because at one point I noticed I wasn't feeling fulfilled or even satisfied but I couldn't pinpoint why, everything seemed okay on the surface, this exercise helped me see things that weren't even on my radar. Once I knew the areas to focus on, I could easily identify changes to make that had a huge impact for me!

What I learned through coaching is that there are often so many blindspots that hold us back from having what we want, and now, as a Coach, it is my privilege to help people find those areas and create an effective plan for overcoming them!



In our session, I'll help you discover the small changes you can make to get amazing transformations, so you can feel better across all areas of your life. I love this process, and I think you might, too.

I've seen the results in my own life, which is why I am so passionate about sharing this experience with others.

This coaching experience is designed to deliver an extremely high level of accountability, loving support and the right system, so you make empowered decisions and take bold action toward achieving your goals for your health.

My Total Transformation includes PRIVATE, one-on-one coaching time with me, so you can accelerate your results and have my health, nutrition and lifestyle savvy focused only on YOU.

Saying "YES" to this experience means showing up for yourself in a whole new way, mentally, energetically, spiritually and physically. I will hold you accountable for in a loving yet hard-ass way to achieve your goals

This is the KEY to achieving everything you want. So is asking for support and being open to new ways of thinking. PLUS, being willing to be challenged to go outside your comfort zone will help you make your Total Transformation a reality that much faster.

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IF YOU CAN
DREAM IT, YOU
CAN DO IT.

– WALT DISNEY.



Your Commitment to The Program Includes:

- Attending all coaching calls on time and refraining from multi-tasking during calls
- Being authentic, honest, and speaking up for what you want
- Letting me know about any personal situations that may interfere with your experience in the program
- Letting it be okay not to know all the answers
- Be willing to take risks, try new things and stretch beyond your current experience
- Being responsible for your own results, which includes proactively asking for support, scheduling coaching calls and using your program benefits
- Honoring the investment you are making in yourself by handling any situations that may take you away from your experience
- Being patient with yourself and resting periodically to “catch up”
- Honoring our relationship by being direct, truthful, and open so we can go farther, faster
- Celebrating your wins, shifts, achievements, and excitement throughout the program



My Commitment to You Includes:

- Believing in you and your ability to achieve your vision of success
- Sharing in-depth information and knowledge with you so you can move forward with your health goals much more quickly than you would on your own
- Allowing you to be 100% authentic and fully YOU
- Holding you accountable to act from your highest self, even when you may not feel that way
- Being in integrity and honest at all times
- Holding high standards for you and for myself
- Being kind and patient with your progress so that you know you always have a safe place to express where you are
- Sharing creative action steps, ideas and inspiration without the need to have you “like” them (if you don’t like an action step or an idea that we create, no problem—we’ll create another one or you’ll be inspired to create your own)
- Laser-coaching you to find solutions to challenges that may come up
- Coaching you to your highest self and to achieve your highest potential
- Knowing that there are unlimited possibilities available to you, no matter what any particular situation looks like
- Caring deeply about you and your success



What You'll Receive in The Total Transformation:

- 12 Weekly, Private, One-On-One Coaching Sessions with Me in-person, on the phone or over Zoom!
- In these coaching calls, I'll share curated information and customized coaching exercises that are GUARANTEED to accelerate your results and help you achieve major breakthroughs so you can see transformation in your body—and/or your life—FAST.
- Emergency Email Support Between Sessions
 - Emergencies come up, right? That's why you have access to support via email between sessions. Expect a personal response from me within 24 hours or on the next business day.
- Customized Done-For-You Materials Such as Checklists, Recipes, Handouts and More

This program doesn't exist to give you MORE information; it exists to give you CURATED information. What that means is that what you can expect is information that is relevant, practical and actionable, so you can stay out of overwhelm and in action.

If you are ready to dive into being your best self, here is the link to my calendar to book a FREE discovery call! You won't regret it!

*We are what we
repeatedly do.
Excellence, then,
is not an act, but a
habit.*

- Aristotle

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