

# 1-on-1 Coaching

## **Mindset, Lifestyle, Goal Achievement**

Where You Are

Where You Want to Go

How To Move Ahead

Making It Real

Real. Simple. Run Your Own Race.





# 1-on-1 Coaching

## OUR FRAMEWORK | WHAT WE'LL DO

### DISCOVERY - WHERE YOU ARE

We're going to dive into **what's really important to you**, where you really feel you are at this stage of your journey and, perhaps most importantly, **where you wish to go** and why.

### POSSIBILITY - WHERE YOU WANT TO GO

Here we can start focusing on how to find your "wings;" letting go of whatever might be holding you back with an eye toward **possibility** instead of problems & **continual growth** rather than a fixed, fear-based mindset.

### EMPOWERMENT - HOW TO MOVE AHEAD

We **chart a course forward**, working with what you already have to take the first steps **toward where you wish to go**.

### ACTION + ACCOUNTABILITY - MAKING IT REAL

We **engage in manifesting your future** by "running your own race," at your own pace, **one step at a time**. As we follow up and keep things moving, it's simply a matter of **acting, monitoring and adjusting**; acting, monitoring and adjusting.

Real. Simple. Run Your Own Race



# What's Included:

**Four (4) 1-on-1 sessions via Skype, Zoom or phone**

**Each session up to 45 minutes in length**  
(the first will likely be longer)

**Prep work & follow-up for each session**

**Email access to me between sessions**  
(on a "keep it reasonable" basis to which we'll agree at the outset)

**Investment: \$300 CDN**

**Bonus:** An annual membership to "The Turtle Tribe"  
online mentorship and mastermind community (\$348 value)

## What "Turtle Tribe" Members Have Said:

"Kevin always leads by example. The support is phenomenal."  
- **Tokilupe Nadz**

"I really love how you so willingly share every part of your journey  
to help others – thank you! "  
- **Rachel Jenkins**

"I was feeling completely alone and hopeless, but now that  
loneliness and hopelessness has transformed into new  
opportunities for learning about myself ... Thank you Kevin for  
putting together this wonderful group and for being there  
in this time of need."  
- **Francisco Anglade**



**Contact Kevin Bulmer To Get Started:**

**Phone:** 519-280-8301 **Email:** [kevin@kevinbulmer.com](mailto:kevin@kevinbulmer.com)  
**[www.KevinBulmer.com](http://www.KevinBulmer.com)**