



Know Thyself 2024

A PERSONAL GROWTH COURSE

Anita Reimer 
GROWTH COACH 

Are you ready for a year of transformation? Let 2024 be your BEST year yet!

KNOW THYSELF is an 11-month program with 24 action-packed coaching sessions, designed to help you live your life to the fullest. An entire year of exponential personal growth for hungry learners!

- 30 Hours of group coaching – 2 sessions each month for 10 months.
- Incredible self-development tools that you have for life!
- 3 one-on-one individual coaching sessions.
- The dynamics of learning from others while staying motivated and accountable to your vision.
- A weekend retreat with 4 coaching sessions to celebrate 2024 and strategize for the upcoming year.

*note lodging and meals are not included in the retreat cost.



Limited Seats! Register today

email anita@coachanitareimer.com or call 604.831.3600

Two Payment Options:

Prepaid by Jan 8th - \$2997 or 2 Payments (Jan & April) of \$1600



KNOW THYSELF • COURSE SCHEDULE



- 1** JANUARY: **SET THE VISION**
 - Chart The Course Of Your Inspirational Vision For 2024
 - Create Your 2024 Vision Board
- 2** FEBRUARY: **CLEAN IT UP**
 - Clean up 4 Major areas of your life
 - Eliminate Your Tolerations and Energy Drainers
- 3** MARCH: **WHO AM I?**
 - Uncover your Strengths (Strengths Finder)
 - Connect with your Personality (Myers - Briggs)
- 4** APRIL: **NEEDS & BOUNDARIES**
 - Fulfill your Needs
 - Create Healthy Boundaries, Eliminate Reverse Boundaries
- 5** MAY: **RELATIONSHIPS**
 - Evaluate and Set A Vision for Your Major Relationships
 - Discover Your Love Pattern - How We Love
- 6** JUNE: **VALUES & GOALS**
 - Connect to Your Values
 - Use 8 Key Strategies to Make Your Goals Happen!
- 7** JULY: **WHOLENESS**
 - Create Powerful Daily Habits
 - Live in Wholeness By Being Congruent within yourself
- 8** AUGUST: **SELF-CARE & RESERVES**
 - Design Your Self Care Program
 - Create Reserves and live in Abundance!
- 9** SEPTEMBER: **ATTRACTION**
 - Align Your Thoughts, Feelings & Beliefs To Attract What You Want
 - Perfect Your Present
- 10** OCTOBER: **FINANCES**
 - Discover (and Re-Write) Your Money Blueprint
 - Determine Your Freedom # and Be Crystal Clear on Your Financial Vision
- 11** NOVEMBER: **WEEKEND PLANNING RETREAT WITH 4 SESSIONS** (Dates are TBA)



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MAKE 2024 A YEAR OF TRANSFORMATION

This program is designed for those who:

- LOVE learning and have a passion for growth!
- You know there are more amazing things in life and you want to tap into your full potential.
- You've lost sight of your vision (or never had one) & feel drained. You want the energy & the passion back!
- You want more out of life and you want to live life to the fullest!
- You want 2024 to be the best year of your life!

KNOW THYSELF will give you:

- Inspiration and Motivation
- Clarity for your unique vision and purpose
- The tools, planning, and accountability to make your vision and goals happen this year
- The Ripple Effect – By building a stronger foundation for your life, everything in your world improves: your relationships, your job, your health, your finances, and your daily life!

Why Group Coaching?

ACTION - You will be taking action throughout the entire year to build the life you truly want in life. Doing nothing is not an option. You will have the coaching, tools, and challenges to inspire you for an entire year.

ACCOUNTABILITY - The gold is in the group! Being surrounded by like-minded people means greater inspiration and accountability, and therefore faster, more effective results.

AFFORDABILITY - Experience 30+ hours of group coaching for a fraction of price of normal coaching. Plus, you will have three BONUS individual coaching sessions and a 4 session planning retreat that is included in this program.

RELATIONSHIPS & FUN – You will gain from the wisdom, experiences and relationships in this group. Growth does not happen in a vacuum and with a group it is more FUN!

The Set-Up:

Twice a month we will have a 90-minute group coaching session via Zoom. If there is a class you are unable to attend, you can always watch the recording at your leisure.

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