



The Essence of Life Design



Jackie Woodside

Jackie Woodside, CPC

SPEAKER • TRAINER • COACH

Mission

To unleash the power of human spirit in each and every participant, creating lives of passion, purpose, and possibility.

Values

- Transformation of consciousness
- Living in alignment
- Personal power
- Community

Purpose

- Create a life filled with passion
- Design a compelling future grounded in values, aligned with purpose, and driven by mission
- Create a community of like-minded people that provide direction, support, accountability, and an unshakable presence inside of which people grow and are known

Jackie created the Life Design program based on her extensive experience as a Certified Professional Coach (CPC), psychotherapist, speaker, and trainer. Her expansive understanding of human potential makes her work unique, deep, and broad in its scope. She works with business owners, entrepreneurs, and inspired individuals to help them transform their lives into their own unique and exact vision.

From Life Design '09

"It is one of the most blessed experiences of my life to have the honor and privilege to see people in Life Design grow and transform. I admire the group for the work that they did more than I can say. Together, we were a small group of committed people who are out to change the world, or at least, our little corner of it."
— Jackie Woodside

"Thanks to Jackie's incredible coaching in Life Design, I am clear that I am the one in the driver's seat of my life and I am achieving the personal and professional goals I previously thought were impossible."
— Sarah K., Northborough, MA

"Jackie brings a whole new meaning to the statement, 'don't think small.' She is an extraordinary coach who lovingly pushes and stretches you to places you can't even imagine."
— Kathy B., Acton, MA

Registration Options

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Life Design

Join the yearlong coaching intensive that will enable you to turn your most inspiring goals into reality.

"This powerful, year-long course has been invaluable in helping me be more conscious, intentional, and proactive about my work and my life."
— Tim H., Newburyport, MA



What Is Life Design?

Life Design is a yearlong coaching intensive that enables people to turn their most inspiring goals into reality. There are no outrageous claims about making billions of dollars, or promises that you'll end up with an insanely fit body, or unfounded hopes for the romance of a lifetime.

Rather than a "quick and easy fix," Life Design invites you to take an in-depth look at what it takes to literally design the life of your dreams.

The way you see the world and your place in it will profoundly change as you progress through Life Design. This program goes both deep and broad, looking at the key areas of life, such as career, well-being, finance, family, and spirituality, while at the same time, delving into ancient wisdom and modern day principles that support the ideal development for human beings.



"Through the lessons and group work in Life Design, I am designing the life I want to live. Jackie is a masterful teacher and coach, and through her powerful insight, she eases each of us towards our goals."
— Peg T., Amesbury, MA



Making Dreams A Reality

The Life Design program offers you these transformational benefits:

- The removal of barriers that have held you back from achieving your optimal life expression
- The elimination of stress and time management from your life through the understanding and implementation of Energy Management
- A design strategy for a life of balance that is aligned with your values
- Accountability for taking action steps that you develop as you move through the course
- An introduction to proven human potential principles from leading thinkers, teachers, and numerous spiritual traditions
- Concrete tools that will help you become one of the elite 5% of people who achieve their goals
- A full appreciation of yourself as an extraordinary person who has unique gifts and talents

"This class has rocked my life – in a good way – and helped me get on track for all the prosperity, joy, and happiness that I know is mine to have!"
— Nancy L., Newburyport, MA



A Transformational Process

Life Design is a "nuts and bolts" course that is filled with practical teachings and tools, including:

- Five full day and four evening group sessions with lessons on creating the life you want
- Over 50 hours of coaching to further your own personal life design
- A Life Design Workbook with tools such as the Strong Foundation exercise that help you become aware of how you live your life now and where you can improve it
- The discovery of what your true life purpose is, with visions, goals, and action steps that align your purpose with your values and make it an everyday reality
- Weekly accountability team calls that support your growth throughout the year
- Extensive resources (reading lists, blogs, newsletters, articles, assessments) to help you increase your knowledge and effectiveness

"After many years of 'mid-life transition', I feel like I finally have some traction!"
— Jane C., South Hampton, NH