# Fill Your Jar

## Coaching Logic Model:

Build consistent Resilience, Freedom, Purpose and Success in all five components of a person.

Psychological

Social

Spiritual

Physical

Cultural

**Approaches:**

**Strength-Based**

**&**

**Solution-Driven**

Personal Development

Settlement & Identity

Self-Esteem & Confidence

Sexual Health

Relationships

One on One Coaching Sessions

Interactive Workshops

A Whole, Empowered and Healthy person.