



# PURSUING YOUR PASSION

*Is 60:1 Arise, shine, for your light  
has come, and the glory of  
the LORD rises upon you. (NIV)*



2023  
Hosted by Suzie Wood  
Searchlight Coaching  
ABN [43 410 469 299](https://abn.gov.au/43410469299)



**Be EMPOWERED to LIVE PREPARED**

**Be STRENGTHENED to LIVE WELL**

## MISSION

Built to Shine exists to encourage you to develop emotional, spiritual and practical strategies by facilitating change in a nurturing environment.  
To empower you to become self motivated to explore your potential as ladies from a perspective of wellbeing.

## VISION

To ..... develop you to live at your best  
inspire creativity to live beyond  
unleash potential to live out your personal dreams  
empower you to embrace change  
grow with a sense of achievement.



## VALUES

**Authenticity**

*to live true to myself*

**Creativity**

*to live creatively*

**Integrity**

*to live true to others*

**Courage**

*to live bravely*



# SHINE YOUR BEST

## Introduction

For everyone to feel valued and treasured, to do this we need to.....

- \* Treat each other with respect in a judgment free zone
- \* Ensure confidentiality is kept
- \* Listen to one another
- \* Keep stories to a minimum, coaching is about moving forward
- \* Difference between Mentor (give advice) Coach (gap) Counselling (past)
- \* Have an attitude of readiness to try new things, more than once!

*I value that you are the true expert of your life, my role is to guide you.*





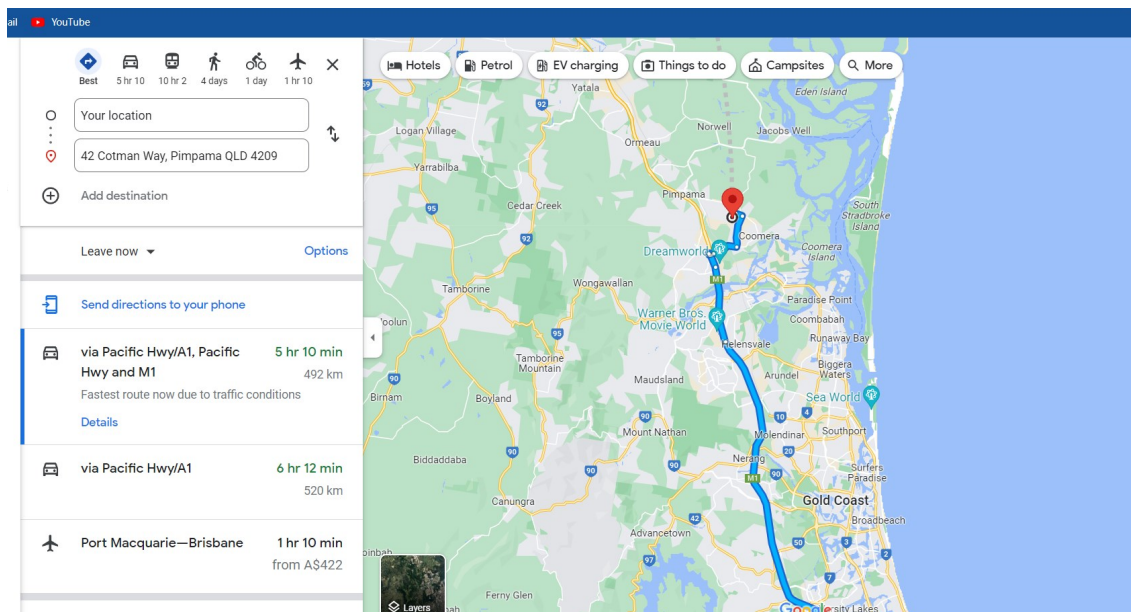
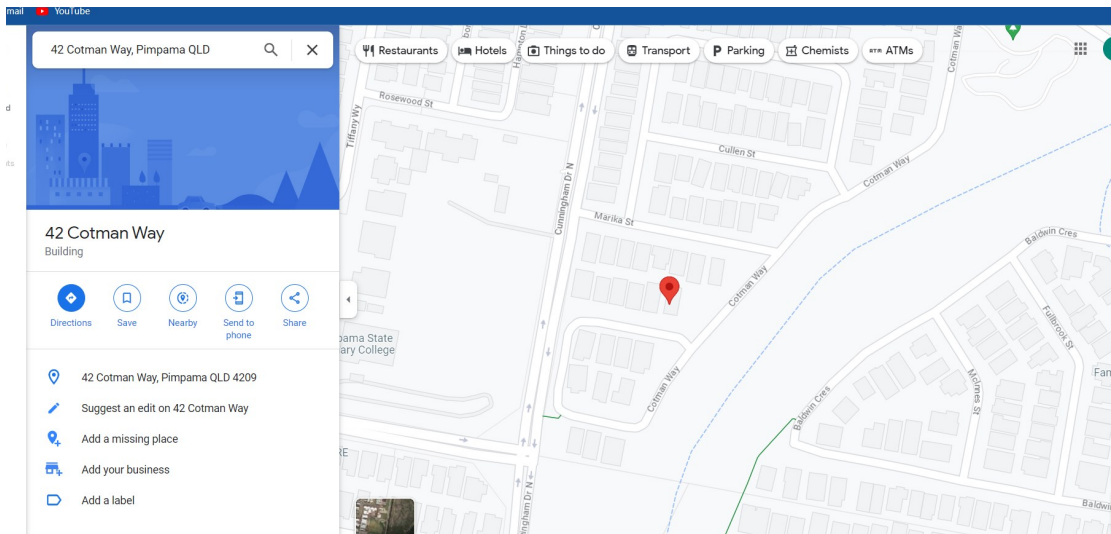
# DIRECTIONS

## Emma Pritchard's home

### GOLD COAST

Come on over for Dinner at 6:00pm

42 Cotman Way Pimpama







# WEEKEND PLANNER

**FRIDAY NIGHT 6pm**

**DINNER**

**NIGHT SESSION**

*Come prepared to share  
and play games to build  
our confidence in our identity*



**SATURDAY MORNING**

**9am Start**

*Arise and Shine*

**BREAKFAST**

**MORNING SESSIONS x2**

**LUNCH** *Out for Lunch*

**AFTERNOON SESSIONS x1**

**DINNER** *Yummy Meal*

**EVENING SESSIONS x1**

**SUNDAY MORNING**

**9am Start**

*We Shine Brighter Together*

**BREAKFAST**

**MORNING SESSIONS x2**

**LUNCH**

**AFTERNOON SESSIONS x1**

**DECLARATION**

**&**

**VICTORY**





# WHAT TO BRING

*PJ's suitable for a party Friday Night*

*Attitude of having a go*

*Camera*

*Snacks*

*Bible*

*Pens and paper (provided)*

*Knitting (I'm bringing crocheting)*

*Money for DINNER Saturday lunch*

*Contract signed & Paid \$50.00 upfront*

**ADD YOU OWN NOTES:....**

.....

.....

.....



**SEARCHLIGHT COACHING**

Search Life – Find Hope – Live Life

Dear

This letter is an explanation of LIFE COACHING; A life coach helps you to move forward in life, from your present situation to find fulfillment, success and well being in the future. This is done by challenging and pinpointing the blockages or obstacles that are making you feel "stuck" and equipping, encouraging and empowering you to move through them. They may also guide you through a life transition, such as finding a new career, moving or looking to start a new relationships. In your case today..BUILT 2 SHINE Retreat weekend.

The retreat is broken into sessions where you can expect

setting up & revision

practical life strategies

there is also an expectation of homework and willingness to change.

I have set out this weekend, to release you into your new found destiny. I encourage you to take time to reflect and do the activities throughout the week, to gain the most out of each session. Change takes time and energy to build new behavioural habits and expectations of your new self.

As a Christian, I am praying for you and would encourage you to pray for the sessions, to enable God to be part of the decisions you make in determining your future. Forgiveness and confession are an integral part of Christianity and is a powerful tool in setting you free to move on in life. I am encouraging you to come prepared to receive all that God has for you.

I would like to encourage you during this journey, please feel free to phone me on - 0401029935, to check in during these workshops.

Attached is a Life Coach Contract, which outlines the expectations between myself as coach and yourself as client. If you intend to accept this challenge, it is expected this is signed at the beginning of your coaching sessions.



Yours in life

*Suzie Wood*

Life Coach



**SEARCHLIGHT COACHING**

Search Life – Find Hope – Live Life

## **LIFE COACHING CONTRACT**

Between

And            Suzanne Wood

In undertaking to meet with you I am committing myself to meeting at the times we have agreed upon and providing a safe setting within which we can explore issues and difficulties and move towards change. I will endeavour to facilitate you in this process.

In undertaking to see me for coaching you are committing yourself to seeing me regularly at the agreed time and optimising the use of the time we have together. Being honest and objective, as best as you can, is essential. Your intent to grow in excellence and make increasing worthwhile contributions by providing value-added work is a key to successful coaching experience.

To be coachable, you must ensure that:

Your intent to change and desire to change is serious.

You are ready to work and receive feedback.

You are willing to try new ways of learning, be truthful, keep to your commitments and inform your coach immediately when things are not working for you.

You are willing to explore, challenge, and change thoughts, feelings and actions that you recognise are self-defeating.

You understand that your coaching will be focused on you and your best interests, not just your goals.

You understand that your coach will educate, support and encourage you while you do the work and reap the benefits of your efforts.

You are willing to give the coach the benefit of the doubt and try new concepts or different ways of doing things.

### **Confidentiality**

As your coach, I recognise that anything you as a client shares with me is regarded as confidential, whether it is business or personal information. I will not undertake to, at any time, either directly or indirectly use or disclose any information that you share with me in a session.

X \_\_\_\_\_

X \_\_\_\_\_

Client:

Life Coach:

*Suzie Wood*