

COACHING
CONCIERGE

Content creation framework

1. Write down your 5 Pillars

<i>Personal development</i>	<i>Higher standards</i>	<i>Coaching results</i>	<i>Lead generation / marketing</i>	<i>My journey and lessons</i>

2. Write down the main questions that your clients asked you this week

3. New topics that I learned today

4. Content that I have seen today and been inspired by

5. Weekly brain dump

6. 5 beliefs that I hold about my target audience

I believe that fat loss isn't difficult, I believe that challenge comes more from mindset and behaviour

7. 5 topics that I strongly disagree with

I don't believe that low carb is the way to go when it comes to fat loss
