



*Dr. Cheri*

CHERYL A. RAINEY, MBA, LMFT, PhD

*Expanding Lives*

*Transforming Relationships*

*Advancing Businesses*

## **BreakThrough Expansion**

**A**fter successfully achieving your InnrSight BreakThrough™ experience, you may want to continue coaching sessions with me for extra or ongoing support, feedback, or additional opportunities to enhance your growth. You may want to focus on a new aspect of your life that calls for examination from a different angle, receive coaching specific to current relationship interactions, or simply take the time to explore an issue without interference from daily life. Whatever your reason or desire, we can design a BreakThrough Expansion to accommodate your desires.

You might utilize:

- Four, eight, or twelve more months of coaching calls, with a minimum of one 1-hour call scheduled per month
- Email or Text Messaging dialogue
- Daily or weekly homework assignments, explorations, journaling or other creative pathways to growth
- Additional months of coaching calls
- Optional telephone, Skype, or in-person coaching — as requested — during program

After your BreakThrough Immersion, you will immediately realign with “Who You Really Are” and begin living the life you desire. Expansion coaching specifically addresses your re-entry life and relationship experiences with practical, exploratory, and creative exercises, which assist you in maintaining and continuing your newfound freedom and aliveness.

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***For information on scheduling a BreakThrough Expansion Program, please contact me at (850) 577-9253, or visit my website at [www.DrCheri.net](http://www.DrCheri.net).***

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