

# Mastering Independence



A class designed to help you build confidence and skills for adulting, on your terms.

## Areas of Focus

- developing personal goals
- building confidence
- budgeting
- meal planning and prep
- executive functioning
- engaging in meaningful relationships
- expanding your community



### Details:

\$250/1-hr class  
24 class series

Virtual or in-person

Set goals to guide you.  
Build skills to ease your journey.

More information :

 [katelibbycoaching.com/classes](https://katelibbycoaching.com/classes)

# Mastering Independence

The transition into adult life can be incredibly exciting, but it also brings with it a whole range of challenges. Facilitated by our experienced Life Skills Coaches, **Mastering Independence** teaches creative techniques to identify your passions and values. You'll be able to define practical steps to map your direction and start achieving your personal goals.

Together, we'll take a macro look at your life to paint broad strokes for where you'd like to head. Then drill down through the layers of long- and short-term goals to create a micro view that lets you implement daily steps to achieve your goals. This approach allows you to chart your progress as you go so you'll always know how far you've come. It also creates space for adjusting your course if and when your goals change along the way. You'll also learn skills to help you keep your cool when feelings of overwhelm arise. After all, adulting can be hard and you're doing this for the first time. So is everyone else!

The class themes are tailored to your specific goals and can include areas such as: actively developing personal goals, managing expenses and budgeting, strategies to meal plan and prep, strengthening executive functioning skills, and building confidence as a means to engage with others and foster meaningful relationships at home and out in the community.

Independence  
on your terms