



# CLIENT WELCOME DOSSIER

*LTN COACHING & CONSULTING*

PREPARED BY:

*TEMIO LU*

# WELCOME

Welcome, and congratulations! You have chosen to step into a journey of intentional growth, clarity, and transformation. Together, we will explore your life from a renewed perspective, uncovering your strengths, rediscovering your voice, and reconnecting you to the purpose and power already within you. Our work will centre on cultivating clarity, emotional wellness, faith alignment, and the confidence required to navigate relationships and life transitions with wisdom and grace.

Throughout our sessions, you will begin to experience a deeper relationship with yourself and with others. This process may stir strong emotions, moments of deep reflection, release, laughter, and healing. Each of these moments is part of the work, and each one serves your growth. You remain in control at every stage. You set the pace. You define the focus, and your willingness to show up honestly and consistently will shape the depth of your transformation.

The moments that feel uncomfortable, challenging, or stretching are often the very moments where the greatest growth occurs. These are not setbacks; they are invitations to become stronger, clearer, and more aligned. I look forward to supporting you as you grow into wholeness, purpose, and healthy connection.

*TEMITOPE  
OLUSOLA*

LTN COACHING & CONSULTING



# MEET YOUR COACH

TEMITOPE OLUSOLA

## About Me

I will be working with you to support your growth, clarity, and transformation across your faith, relationships, purpose, and emotional well-being.

From time to time, I may share reflection exercises, resources, or guided practices for you to work through between our sessions.

## My Favorites

- Color: Pink
- Animal: Butterfly
- Hobby: Lawn Tennis
- Food: Pounded Yam
- Drink: Oat Shaken Coffee

## Contact Info

Here are all the ways you can contact me:

- [temitopeolusola@email.com](mailto:temitopeolusola@email.com)
- 234-81-63523409
- [www.temiolu.co.uk](http://www.temiolu.co.uk)

## You Can Help!

I will help you uncover your strengths, embrace your worth, and create a life and relationships that align with your God-given purpose. I will be fully present and engaged with YOU during our time together. I will provide a safe space for exploration. Laughter And fun is sure to join us.

# CORE EXCLUSIVE

At LTN Coaching & Consulting, we provide focused support in five core areas designed to help you live your purpose and flourish:

1. Faith & Purpose Coaching – Gain clarity on your calling, align your daily decisions with your spiritual values, and deepen your relationship with God while pursuing your life goals.
2. Relationship & Emotional Wellness Coaching – Learn to build healthy, fulfilling relationships, manage emotions, resolve conflicts, and cultivate intimacy and self-love.
3. Writing & Storytelling – Through books, devotionals, letters & journals, and digital resources, we help you craft your story, communicate your vision, and inspire others.
4. Leadership & Development Strategy – Develop your leadership potential, improve productivity, and implement strategic approaches to growth in personal and professional spheres.
5. Health, Women & Systems Advocacy – Gain support and guidance in navigating health systems, maternal and women's health, and advocacy for yourself and others.

## **WHAT COACHING IS / IS NOT**

### **COACHING IS:**

- A guided, collaborative process that helps you uncover your strengths and achieve your goals.
- Focused on solutions, growth, and transformation.
- Personalised to your unique needs and circumstances.

### **COACHING IS NOT:**

- Therapy, medical treatment, or a replacement for professional advice from a doctor, counsellor, or legal advisor.
- A space for judgment or criticism.
- A “one-size-fits-all” program, your journey is unique.

## **EMOTIONAL & SPIRITUAL SAFETY STATEMENT**

Your emotional and spiritual well-being is our priority. In this space, you are free to express yourself without fear of judgment. We honour your feelings, your experiences, and your beliefs. Our goal is to provide a supportive environment where vulnerability is safe and growth is encouraged.

## **CONFIDENTIALITY PROMISE**

All information shared during coaching sessions is strictly confidential. Your privacy is respected, and no personal details or conversations will be shared outside our sessions without your explicit consent, except where required by law. This ensures you can explore, reflect, and grow freely.

## **HOW TRANSFORMATION HAPPENS HERE**

Transformation begins with commitment to yourself, your goals, and the process. Through consistent coaching, reflective exercises, practical tools, and actionable strategies, you will:

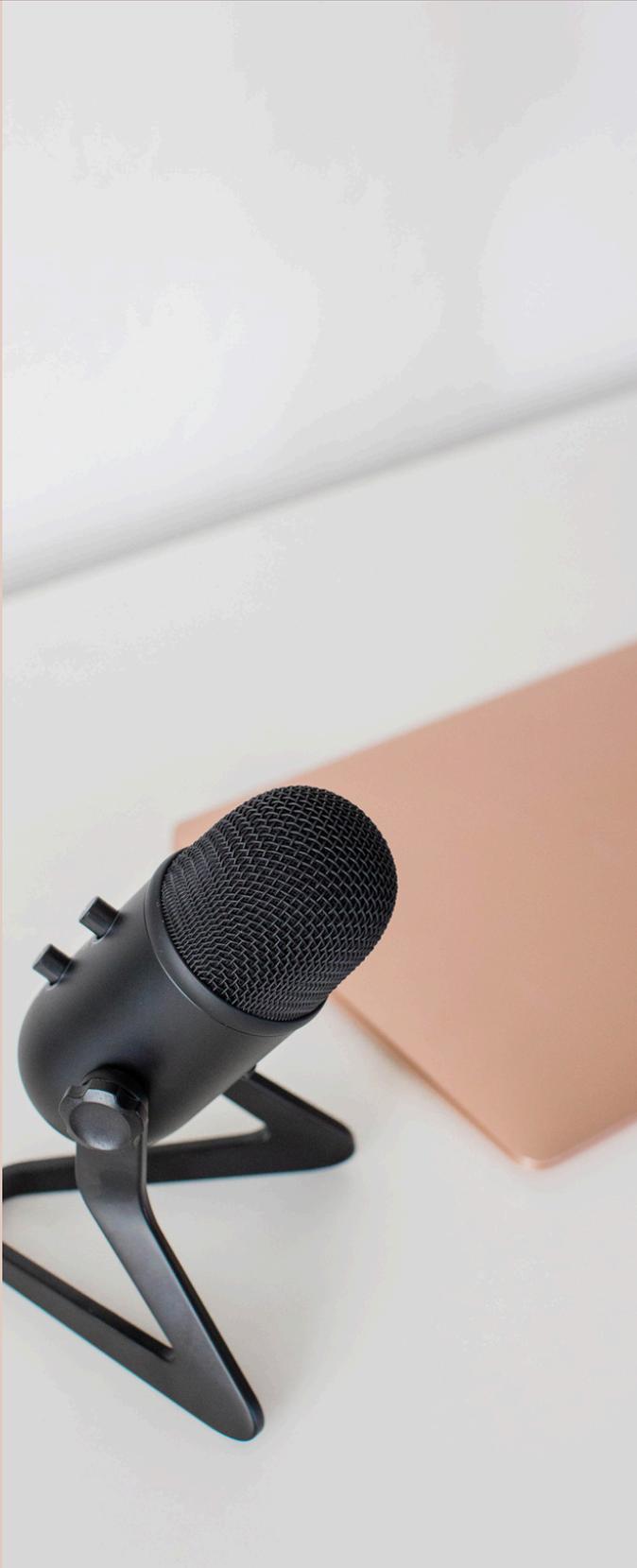
- Gain clarity on your vision and purpose.
- Develop emotional intelligence and relationship skills.
- Identify and release limiting beliefs and patterns.
- Strengthen spiritual and personal resilience.
- Implement changes that create lasting results.

Change happens in alignment with action, reflection, and accountability. We walk with you every step of the way.

## **HOW TO GET THE MOST FROM COACHING**

- Be fully present: Engage with honesty, curiosity, and openness.
- Complete your exercises: Practice the tools and “homework” assignments outside of sessions.
- Reflect and journal: Use prompts to track your growth, insights, and breakthroughs.
- Communicate openly: Share challenges, wins, and questions with your coach.
- Commit to the process: Growth takes time, but consistent effort brings lasting transformation.

# THE PROCESS



## 1 DISCOVERY & VISIONING

- Share your goals, challenges, and aspirations through intake forms and pre-session questionnaires.
- Clarify your desired outcomes and set faith-aligned intentions.

## 2 COACHING SESSIONS & STRATEGY

- Engage in 1:1 or couples coaching (virtual or in-person).
- Work through personalised guidance, integrating our five core services.

## 3 REFLECTION & APPLICATION

- Apply insights between sessions through exercises, journaling, and practical strategies.
- Track progress and adjust plans as needed.

## 4 TRANSFORMATION & GROWTH

- Celebrate breakthroughs and milestones.
- Establish lasting habits, deepen self-awareness, and experience meaningful growth in faith, relationships, and purpose.

# WHAT TO EXPECT

Every session is designed for your life, your goals, your journey. We blend faith, relationships, leadership, health, and storytelling to create a roadmap just for you.

## **PERSONALIZED GUIDANCE**

Every session is tailored to your unique situation, combining strategies from Faith & Purpose, Relationship & Emotional Wellness, Leadership & Development, Health Advocacy, and Writing & Storytelling.

## **ACTIONABLE TOOLS & STRATEGIES**

Walk away with practical exercises, reflection prompts, and step-by-step guidance you can apply immediately to see measurable progress.

## **ACCOUNTABILITY & REFLECTION**

Between sessions, you'll track progress, reflect on challenges, and receive support to stay on course toward your goals.

## **SAFE & SUPPORTIVE SPACE**

You will be heard without judgment. Emotional, spiritual, and relational safety is our priority as you explore sensitive areas of your life.

## **FAITH-CENTERED INSIGHTS**

Your coaching journey integrates biblical principles and spiritual guidance, helping you align your purpose, decisions, and relationships with God's vision.

## **LASTING TRANSFORMATION**

The goal is not just temporary fixes. You'll develop deeper self-awareness, stronger relationships, and a clear roadmap for growth in every area of your life.

# YOUR 1-HOUR COACHING SESSION

**5-10 MINUTES**

1

## **WELCOME & CHECK-IN**

- Greetings & connection
- Share wins and challenges
- Set session intentions

**30-40 MINUTES**

2

## **CORE COACHING WORK**

- Explore your faith, emotional, relational, and leadership growth
- Identify blocks & patterns
- Use tailored exercises & strategies

**10-15 MINUTES**

3

## **ACTION PLANNING**

- Summarize insights & breakthroughs
- Set practical action steps
- Confirm accountability measures

**5 MINUTES**

4

## **CLOSING & REFLECTION**

- Key takeaways & encouragement
- Spiritual/emotional grounding
- Confirm next session date

## CLIENT RESPONSIBILITY

To get the most from your coaching experience, clients are expected to:

1. Be Open & Honest
2. Share thoughts, feelings, and experiences fully to allow for meaningful exploration and growth.
3. Be Committed
4. Attend scheduled sessions on time, complete assignments or exercises, and actively engage in the coaching process.
5. Take Ownership
6. Implement agreed-upon action steps, reflect on insights, and practice new strategies between sessions.
7. Respect Boundaries
8. Maintain professional communication, observe session times, and respect the coaching process.
9. Communicate Needs
10. Inform the coach of scheduling conflicts, changes in circumstances, or specific challenges that arise during the process.
11. Engage Spiritually & Emotionally
12. Participate with a willingness to grow in faith, self-awareness, and relational understanding, while honouring the emotional and spiritual safety of the space.

Note: Coaching is a collaborative journey. Your results depend on your engagement, honesty, and follow-through.

## COACH RESPONSIBILITY

As your coach, I am committed to providing a safe, structured, and transformative coaching experience. My responsibilities include:

1. Providing Guidance & Expertise
2. Share knowledge, insights, and tools across faith, emotional, relational, and leadership areas to support your growth.
3. Creating a Safe Space
4. Maintain emotional and spiritual safety so you feel supported, heard, and respected throughout the coaching journey.
5. Confidentiality & Trust
6. Protect your personal information and conversations, ensuring a secure environment for honest reflection and discussion.
7. Customized Support
8. Tailor coaching sessions, exercises, and action plans to your unique needs, goals, and faith perspective.
9. Accountability & Encouragement
10. Hold you accountable to your goals, celebrate your progress, and provide constructive feedback when needed.
11. Availability & Communication
12. Respond to questions, guide sessions when appropriate, and ensure clarity on next steps for your growth.

Note: Coaching is a partnership. My role is to guide, support, and challenge you, but your engagement and application of what we discuss is essential for transformation.

## **SESSION BOUNDARIES**

To create a safe, focused, and productive coaching experience, the following boundaries are in place:

1. Scheduled Time
2. Each session begins and ends at the agreed-upon time. Sessions will not run over unless previously arranged.
3. Mode of Communication
4. Coaching occurs through the agreed platform (Zoom, Google Meet, phone, or in-person). Casual messaging outside of sessions is limited to support and clarity, not extended coaching.
5. Focus & Scope
6. Sessions will focus on your goals and the agreed coaching plan. Topics outside the scope of faith, emotional, relational, or leadership coaching may be redirected or referred to another professional.
7. Emergency Situations
8. Coaching is not a substitute for medical, mental health, legal, or financial advice. In urgent situations, please contact the appropriate licensed professional or emergency services.
9. Preparation & Participation
10. Clients are expected to come prepared and engage fully in each session. The effectiveness of coaching depends on active participation and follow-through.
11. Respectful Interaction
12. Both client and coach commit to respectful, professional communication at all times. Disrespect, harassment, or abusive behaviour may result in termination of coaching services.

## **PAYMENT & RESCHEDULING**

- **Payment:** All sessions must be paid in full before they begin. Payment confirms your booking and guarantees your spot on the coaching calendar.
- **Rescheduling:** If you need to reschedule, please provide at least 24 hours' notice. Sessions rescheduled with less than 24 hours' notice may be forfeited or incur a rescheduling fee.
- **Late Arrivals:** Sessions will still end at the scheduled time. Late arrivals do not extend the session time.
- **Refunds:** Payments are non-refundable except in extraordinary circumstances, at the discretion of the coach.

## **TERMINATION CLAUSE**

- **Voluntary Termination:** You may end coaching at any time by providing written notice. Remaining sessions will be cancelled, and fees may be refunded at the coach's discretion.
- **Coach-Initiated Termination:** The coach reserves the right to terminate coaching if boundaries are violated, if there is abusive behaviour, or if the coaching is not a suitable fit.
- **Effect of Termination:** Termination does not negate any agreements, confidentiality obligations, or outstanding fees for completed sessions.

# TESTIMONIALS



## *Client A, Faith & Purpose Coaching*

Working with LTN helped me reconnect with God and myself in a way I didn't even realise I had lost. I gained clarity about who I am, what I deserve, and how to stop shrinking in relationships. The coaching felt safe, honest, and deeply grounding. I left every session stronger, calmer, and more confident in my decisions.



## *Client, Relationship & Emotional Wellness Coaching*

I came into coaching emotionally exhausted and confused about my relationship patterns. Through our sessions, I learned how to communicate clearly, set healthy boundaries, and recognise red flags without guilt. I no longer settle out of fear. This experience truly changed how I show up in relationships



## *Client, 3 weeks Coaching Program*

This coaching experience was unlike anything I've done before. It wasn't just about relationships it was about healing, purpose, and becoming whole. I felt supported spiritually, emotionally, and practically. I now approach life with confidence, clarity, and peace. I would recommend LTN to any woman ready for real transformation.

# KEEP IN TOUCH



# THANK YOU!



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## SOCIALS

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