

# EVOLVE Coaching Path

## *Session Outline*

**EMBARK**  
(PRE-SESSION PRACTICE FOR COACH)

**VOICE**  
(~5-10 MINS)

**OPEN**  
(~35-40 MINS)

# EVOLVE Coaching Path

**LUMINATE**  
(~10 MINS)

**VERIFY**  
(~5 MINS)

**EMBODY**  
(POST-SESSION PRACTICE FOR COACH)