



The Self-Directed Coaching Program

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With the self-directed coaching programs you run your own program and access your coaching using the [ThisisDiana](https://thisisdiana.com) website online programs. This differs from Coach Guided and Laser Coaching in that you direct yourself in every way and go at your own pace using the online program activities. The program itself is course-like, but with many more resources available.

You can choose the self-directed program by visiting the [Programs Page](#) or the coach guided coaching on the [Booking Page](#) for additional support and services. All forms fully empower you, it is simply a matter of preference for the laser coaching you may wish to choose, due to time, constraints, preferences or pricing issues. You can get a full understanding of directed program here.

Introduction to Self-Directed Programs

- Browse the site and check the Program Pages and choose any program you wish to participate in.
- Once you purchase your program of choice,
- Agree to the terms of using the program. It's a simple form you read and agree to.
- Next, take the relevant Holistic Assessment. You can also take it by using [Laser Coaching](#).
- Begin the program any time you wish. They are created for you follow at your own pace.
- You will have access to all empowerment tools like digital journals, workbooks, online quizzes, audios, videos, checklists, notebooks and many other resources which are included with any given program.
- All programs are a safe and non-judgmental space for you to openly explore your thoughts and feelings.
- Though self-directed the program allows for sessions to check in whenever you need it.
- The self-directed process offers privacy and confidentiality

Accountability and Support



- You can consult with your coach via laser coaching to assess self-accountability for your commitments and actions.
- You get ongoing support, encouragement, and motivation as needed.
- You get feedback and guidance to help you stay focused and motivated.

Holistic Well-being and Integration

- You'll explore strategies to integrate positive changes into your daily life.
- You are encourage to prioritize self-care, including activities that nourish their mind, body, spirit and space
- Explore relationships, social connections, and community involvement to promote holistic well-being.
- You are assisted in finding a balance between work, personal life, and their overall well-being.

Transition

- Complete the program on your own timeline. Some programs include certificates or badges you can use to display with pride and joy to celebrate your journey and explore future possibilities.
- Choose to take additional Self-Directed, Coach Guided, or, Laser Coaching (semi-guided programs).
- Visit and shop any time from the [Spiritual Holistic-Wellness Shop](#) for both physical and digital premium products with their cost displayed. There are also complimentary items for all page visitors and the price will display \$0.00 at checkout.

Self-Directed Programs are found in the [This is Diana Program](#) page

Coach directed and Laser Coaching can be found in the [This is Diana Booking](#) page