



DAVIS COACHING & CONSULTING, LLC
Certified Life and Wellness Coach · Life Currency™ Framework Creator

Workshops

Learn it live.

THE FASTEST WAY IN — ONE SESSION, NO ONGOING COMMITMENT

Interactive, single-topic sessions that bring the Life Currency™ framework to your team, group, or community in one sitting.

1 Inventory



2 Reflect



3 Shift



4 Repeat

- ✓ Focused 2-hour interactive session
- ✓ Hands-on Life Currency worksheet
- ✓ Real-time group exercises & discussion
- ✓ Take-home action plan
- ✓ On-site, virtual, or hybrid delivery

YOU MIGHT RECOGNIZE YOURSELF HERE

- You're productive but not fulfilled — busy but not moving toward what matters
- You say yes when you mean no, regularly and without realizing it
- You've tried to change before and it faded within weeks
- You feel stuck at a threshold — something needs to shift, but you're not sure what

This isn't a discipline problem. It's an alignment and investment problem — and shifting your energy is workable.

By request · On-site, virtual, or hybrid · Customizable to your group's focus

"Two hours completely reframed how our team talks about priorities. People are still referencing it months later."

— Workshop host, community organization

Book a workshop for your group

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