

Project | **Endure**

Things To Know

I strive to meet you where you are so that I can help guide you toward where you want to be.

I will give you my absolute best effort every single day and if you move forward, I ask that you do the same.

To me, communication is everything and energy is contagious (encouragement is part of who I am). You can expect clear communication, honest intent and encouraging energy from me always.

I don't work with everyone because I understand that I'm not the right person for everyone. I will only move forward if this is a good fit for both of us.

I'm so excited that you're reading these words and I'm looking forward to talking. Even if this isn't the right fit for you, I would love to be friends and I mean that.

If you like what you see...

*[send me a message](#)
or [set up a call](#).*

Strength Coaching *(pricing available upon request)*

- **individualized strength programming**
 - shared between client and coach via google spreadsheets
 - created based on where you've been, where you are and where you want to go
 - [contact Joe](#) for sample program
- **individualized mobility and prehab programming**
 - reduce injury risk, perform while managing current injury, maximize recovery, etc.
- **sleep tracking & consulting**
 - improve performance, maximize recovery, improve overall wellness, etc.
 - learn about various sleep hygiene habits to improve sleep quality and quantity
- **nutrition tracking & consulting**
 - improve performance, maximize recovery, improve overall wellness, etc.
 - discuss various nutrition strategies to create optimal environment for performance
- **text access (24/7) for questions**
 - quick responses for questions, adjustments, accountability, etc.
- **weekly email check-in (on Mondays)**
 - detailed breakdown of previous week's performance
 - overview of adjustments for coming week of workouts
- **weekly program updates (on Monday)**
 - updates are based on performance from previous week and input from client
- **coaching calls (optional)**
 - coaching calls (30 minutes) weekly, bi-weekly or monthly

Endurance Coaching *(pricing available upon request)*

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Mindset Coaching *(pricing available upon request)*

- **structured daily journals**
 - journals are shared between client and coach via google documents
 - meant to be completed each morning with goal tracking built into journals
 - each day contains prompts to create structure, intention and ownership
 - [contact Joe](#) for sample program
- **weekly themes, questions and content**
 - journals are grouped into weekly themes that focus on different topics (e.g. gratitude)
 - each week comes with relevant content, videos, articles, blogs, etc. to provide greater insight and deeper dive into weekly theme
- **text access (24/7) for questions**
 - quick responses for questions, accountability, etc.
- **weekly email check-in (on Mondays)**
 - detailed breakdown of highlights from previous week (i.e. what went well)
 - detailed breakdown of areas for improvement from previous week (i.e. what can be better)
 - overview of theme for the coming week
- **coaching calls (optional)**
 - coaching calls (30 minutes) weekly, bi-weekly or monthly

Business Coaching *(pricing available upon request)*

- **weekly coaching calls**
 - starting point is variable (based on individual client)
 - one-on-one calls (length and content varies based on client needs)
 - structured coaching document with weekly notes, resources and assignments
 - [contact Joe](#) for more information
- **text access (24/7) for questions**
 - quick responses for questions, resources, accountability, etc.

Interested?

Contact Joe