

From my clients...

"Jennifer Blair is lively, sensitive and insightful. She asks the right questions and provides suggestions that are consistently thoughtful, helpful and reflective of the best in contemporary life coaching. She is an effective model for wit, style and resiliency."

> *Anita, university professor*

"Her ability to effectively analyze situations, to offer reasonable and doable solutions to problems, and to cut to the heart of complex matters with ease and sensitivity make Jennifer a valuable resource. I can always count on her for helpful advice."

> *Elizabeth, community volunteer*

"Jennifer is a wonderful coach, who listens not only to what I say but has a keen sense about what I didn't say. She has great insight and is able to help me clarify my concerns quickly and give me the push necessary to take the next steps."

> *Tandelyn, practice manager*

"The process of working with a life coach has been both productive and enlightening for me. Jennifer is highly skilled in unearthing the issues that can impede one's goals and guiding one to unexpected yet doable solutions."

> *Sheri, graphic designer*

"Jennifer's love for people and her tremendous curiosity has enabled her to ask the loving and tough questions to help her clients move toward resolution and fulfillment. My work with Jennifer moved me forward in my quest for clarity. Anybody would be lucky to have her as their coach."

> *Mel, retired executive*



Jennifer M. Blair has been inspiring others through various leadership positions over the past 15 years. Through her lifelong work to improve herself and create a passionate life, she has taken her experiences and created Excavive, a personal life coaching company designed to help others create an authentic life. She has completed her Co-active Coaching training through the Coaches Training Institute, and is a member of the International Coaches Federation. As a Past President of the Junior League of Louisville, Jennifer inspired other women to be their best selves. She has also chaired the Susan G. Komen Breast Cancer Foundation's Race for the Cure® to raise money for breast cancer awareness and research, as well as served on several other Louisville Community Boards. Her other professional experiences include Director of Continuing Legal Education for the Louisville Bar Association, PR Director of Special Projects and Communications Manager of the Insurance Group for EDS, and Communications Coordinator for Murray Financial Corporation. Recently, she was featured in *Business First* for her mentoring work with other women. A divorced mother of two children, Jennifer's enthusiasm, love of life and clarity will inspire and motivate.

Jennifer M. Blair
Co-active Personal Life Coach

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PERSONAL LIFE COACHING

Excavive



...uncovering your authentic self

Excavive is a company created to provide my clients with a way to uncover their authentic and soulful selves. Through the process of Personal Life Coaching, you will be able to unlock your potential, find your essence and embark on your true path in the world. Coaching will assist you in creating a full life with meaning, purpose and passion, and deepen your understanding of who you are and who you are becoming.

● Whole Life Coaching

A Personal Coach takes you where you are right now, and maps out where you want to go and how to get there. By using provocative questions, a coach will facilitate clarity, focus and understanding of what is important to you in all areas of your life. Coaching will give you motivation, support, accountability and feedback, as well as a safe environment to brainstorm, dream, plan, learn, question, feel, and explore to in order to create your authentic life. It is a confidential relationship, and provides a place to be who you are, where you are in any given moment.

In the coaching relationship you will:

examine where you are in all areas of your life right now

explore possibilities and choose solutions that are goal-driven

clarify your values and priorities

determine your strengths and how they affect your performance

dig into what keeps you from going forward and find ways to overcome obstacles

create a fulfilling, balanced and meaningful life

define your life purpose and create a conduit to share yourself with the world

gain tools to continue your journey once the Coaching relationship is complete

How It Works

The Coaching relationship begins with a designed alliance between the coach, Jennifer M. Blair, and the client. As partners and collaborators, a program is mapped out to excavate your life goals and desires, to forward and promote your agenda, to unearth any obstacles and to achieve your lifelong dreams. The approach used is based on the following principles:

- *You are creative, resourceful and whole.*
- *You have a life purpose and powerful contributions to make in the world.*
- *You can move beyond limitations of the past.*
- *You can achieve extraordinary greatness.*

The process of Coaching is an on-going relationship that can last a few months or a few years. Appointments are available in person, but the majority of the Coaching sessions are by phone. The journey begins with a discovery session that lasts 2-3 hours to clarify goals, values and expectations. Coaching continues with regular conversations, typically three 40-minute phone calls per

month. Depending on your needs and schedule, we will create a partnership that will work for you.

● Life Transition Coaching

As a specialty program, Excavive also offers a Coaching program for clients going through a divorce or any other significant life transition. By creating your authenticity in divorce, you will make clear, thoughtful decisions on all issues related to you, your spouse and your children. By deepening your understanding of not only your basic and immediate needs, but also your long-term desires, you will make better decisions throughout the divorce process. Get empowered to use this life change to create the life you want, not the one that is being handed to you. During Life Transition Coaching, you will:

create a collaborative effort to strategically prepare for a life change

explore how this life change is affecting you mentally, physically, spiritually, emotionally, financially, and create balance in these areas

thrive during a divorce not just survive

align your core values and needs with your negotiations

discover how to parent positively during this transitional period

consider what custody arrangements are best for everyone

experience healing solutions

use divorce as a way to become your best self

reclaim your power and life purpose