



KATHARINA STEINER
CHRISTIAN LIFE COACH

Forgive & LIVE



INTENSIVE FORGIVENESS COACHING PROGRAM

COACHING PLAN

The harm is treated as an emotional wound and treated with 3-steps:

- Cleaning
- Healing
- Removing scars

INTENSIVE WEEKEND PROGRAM

You spend the weekend in Lynchburg, VA.
The coaching starts on Saturday at 1 PM and ends Sunday at 4:30 PM.

INCLUDED IN PRICE

Coaching: 12 hours of coaching time
Lodging: 1 night lodging
Food: dinner, breakfast, lunch, and snacks
Drinks: non-alcoholic beverages

REMOVING THE ADVERSE EFFECTS FROM GETTING HURT

Research on steinercoaching.com shows that grudges impact our thinking, behavior, and relationships :

- **Grudge holders seldom give God the glory when He intervenes**
- **Grudge holders do not ask for forgiveness**
- **Grudge holders like to get even when hurt**
- **Grudge holders wish for a better family**

Katharina Steiner coaches you through the entire process of forgiveness. It will release you from the bondage of the past harm so that you can move forward and live your life to the fullest.

