



STRONG LIFE COACH

USA

ENERGIZE & EQUIP

TO ELEVATE

PROGRAMS & SERVICES

Dear Friend,

Every time someone chooses growth, I celebrate! My name is Derek Daniel Guajardo. Consider me a partner in your journey of elevation. All I do is aimed at equipping people to be their absolute best. Growth means improvement, increase, progress, and development. These are among my favorite words in the English language. When I think about you, I believe you are seeking to make a positive difference, climbing to the next level in your impact. Remember, to flourish in your growth, focus in your growth. Let's go grow!

CEO and Founder of Strong Life Coach,



A stylized, handwritten signature in black ink. The signature is composed of several bold, sweeping strokes, starting with a large 'D' and ending with a horizontal line.

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LUNCH & LEARN WEBINAR



..... Monday - Friday

11am - 2pm (CST).....



..... Lasts 30 - 45 Minutes

\$20 Per Session or
\$40 For 4 Sessions



..... Listen, Learn, & Grow
During Your Lunch Hour

GROWTH GUIDE MAGAZINE



..... 32 Learning Systems

PDF Version Available



..... \$20 Physical Version
\$10 Electronic Version



Nourish Your Growth
as You Fine-Tune
Your Professional
Skills, Effectiveness,
Relationships, and
Spirituality



GROUP COACHING



..... Monday - Friday

Request Availability



..... Lasts 60 Minutes

\$40 Per Session or
\$80 For 4 Sessions



..... Unleash Your Potential,
Surpass Your Goals,
Elevate Your Success

WEEKEND WEBINAR



..... Saturday - Sunday

9am - 12pm CST (SAT)
1pm - 4pm CST
5pm - 8pm CST (SUN)



..... Lasts 3 Hours

\$60 Per Session or
\$120 For 4 Sessions



..... Listen, Learn, Improve,
Interact to Flourish in
Your Growth Journey

PODCAST MARKETING



..... Monday - Friday

Request Availability



..... 60 - 90 Minutes

\$200 Per Session



..... Showcase Your
Brand, Business,
& Mission

MASTERMIND GROUP TRAINING



..... Monday - Friday

8am - 11am (CST)



..... Lasts 60 Minutes

\$200 For 8-10
Weeks of Training



..... Training Based
on Bestselling
Growth Books

1-ON-1 COACHING



..... Monday - Friday

Request Availability



..... Lasts 2 Hours

\$600 Per Session or
\$1200 For 3 Sessions

.....



.....

Thrive with
Maximum
Engagement

ELEVATION CERTIFICATION



Become an
Elevation Coach,
Speaker, & Trainer

License to Speak and Train
with Strong Life Coach
Content & Certify
Professionals



Weekly Training
in Speaking, Coaching,
& Business Building

Increase Your
Income Doing
What You Love



\$200 Per Month or
\$1200 For Year

FAQ

Do you offer any combo programs?

Yes! One program is the All Access Membership for \$1000 a month or \$10,000 a year. This program features two coaching sessions, five Mastermind Training passes a month, all Lunch and Learn Webinars, all Weekend Webinars, a monthly Podcast feature, and access to special exclusive video/audio content. In addition to this, we also create custom programs to fit the needs of our clients.

What is involved in Podcast Marketing?

Together, eight of the best questions are selected to showcase the brand/business/mission. Considering the strategy session and the recording session, this takes about 90 minutes. From this point, the Podcast is divided into eight parts to share previews around the eight social media platforms. A cover is designed for the episode. A background song is selected. Then, the eight segments, the full episode, and the Podcast covers are uploaded to a folder for total access. This empowers Strong Life Coach and the featured guest to post the content on their own platforms and pages.

Do you offer any additional discounts?

At the present time, we offer a variety of "Free Before Fee" deals. For example, if you are considering 1-on-1 Coaching, we currently offer three free sessions to gauge mutual fit. This is similar with Mastermind Group Training and Group Coaching. We cycle in "Try Before You Buy" offers throughout the year so check in with us to learn about current deals.

What is the maximum number of participants in Group Coaching and Mastermind Group Training?

Because we value focus, we cap our groups at 10. Anything more than this creates an environment where people don't feel the personal connection.

FAQ

Are there any extra charges or hidden fees?

No, we believe in treating you like we want to be treated, valuing transparency and integrity. The only expense that might be extra is related to Mastermind Training; each participant buys their own copy of the book being studied. Of course, this empowers them to choose the type of book - hardcover, paperback, ebook, etc.

What is your coaching philosophy?

This is one of our favorite questions. Because of the desire to make our approach as clear as possible, I designed a system that captures the essence of our coaching philosophy. Email me at derek@stronglifecoach.com and I will send it to you. Within the system I designed, therapeutic principles from person-centered therapy and cognitive behavioral therapy are readily identifiable.

What comes with the Elevation Certification?

Our Elevation Certification is our newest program and we are overjoyed to empower other coaches, speakers, and trainers! Each Elevation Certification comes with a license to speak and train from the Strong Life Coach learning systems, access to Strong Life Coach brochures to market your services, featured section with your headshot and biography in the brochure, access to Growth Guides at a special discounted rate to add product to your business, a monthly Podcast feature, opportunities to license and certify other coaches, speakers, and trainers, plus 70 hours of live training for speaking, coaching, and business building each year.

Does Strong Life Coach offer any payment plans?

In general, no. Under certain circumstances, we will review a request for such accommodations.

FAQ

What is Strong Life Coach doing to serve the community?

Our mission of energizing and equipping people to elevate their lives includes high-end professionals and industries, but it is not limited to high-end professionals and industries. For 2019 and 2020, we have focused our efforts with the Battered Women and Children Shelter here in San Antonio and engaging high school students with principles to empower their relationships, attitude, effectiveness, and leadership. In addition to this, we have provided services to underprivileged children, married couples, and church congregations. We are active in serving, which is the heart of Strong Life Coach.

Why are 1-on-1 Coaching sessions two hours long?

Our sessions aim at elevating our clients to their best self. This takes time and rushing to action is not a replacement for precision. As we prioritize precision, finding the root of an issue is not always quick. Without question, powerful discoveries and rich findings often take place during the last 30 minutes of a two-hour session. Seeing this happen over and over has anchored us on this principle. Having expressed that, we are mindful to stay flexible providing the best service our clients need. If a shorter session is needed, we adjust.

What is Mastermind Training?

Each participant reads from the same book on their own (or listens to the same Podcast), then we come together to focus on application. Think of a book club with turbo power. Our Mastermind Training leverages the insights from a dynamic personal growth book, the synergy of like-minded professionals, the accountability and application from having a dynamic coach guide you through decision making. People love it!

FAQ

When you talk about spirituality being the core of Strong Life Coach, what do you mean?

I launched Strong Life Coach knowing that the supreme principles to build a business, strengthen a life, and multiply value to others are present readily in my faith journey. For example, I use the phrase "Nourish your mind on the noble" to focus people's thinking on noble virtues, noble actions, and noble causes. I learned the principle from Philippians 4:8. Or when I teach: "Build and benefit with your words", I am merely basing a life principle on Ephesians 4:29. Or when I share the concept: "Live a life of love", I know this is based on 1 Corinthians 16:14. Every tactic, every service, and every action Strong Life Coach pursues is rooted in spirituality from the journey of faith. I often will not quote the book/chapter/verse, but this is the foundation of everything we do.

For the online webinars you offer, do you provide supplemental material?

Yes! We provide handouts to empower engagement and easily apply the content to your life.

How do I contact you?

Connecting with me on Social is always a plus: Facebook, TikTok, Instagram, Snapchat, LinkedIn, Twitter, YouTube, and Twitch. Or you can text me (Derek) at 210-412-5545. Also, my email is derek@stronglifecoach.com.

What are the fourteen core areas of life you often discuss?

(1) Financial, (2) Romantic, (3) Emotional & Mental Wellness, (4) Social Relationships, (5) Health & Fitness, (6) Immediate Family, (7) Career & Business, (8) Extended Family, (9) Spirituality, (10) Community Impact, (11) Physical Comfort, (12) Recreation & Relaxation, (13) Effectiveness & Time Management, (14) Values & Virtues

TO ELEVATE YOUR LEGACY
CULTIVATE YOUR CHARACTER.

SOMEONE WHO GROWS
BLOSSOMS ALTHOUGH
THEY WITHER.

**My goal for my audience when
I communicate is not admiration
my goal is not a standing ovation;
my goal is implementation.**

**You cannot buy consistency.
You choose consistency.
You decide on consistency.
Yesterday's consistency
is history.
Tomorrow's consistency
is a mystery.
Consistency is determined
by what you do
here and now - today.**

YOU WILL ONLY KNOW
UNCONDITIONAL
ACCEPTANCE
IF YOU PRACTICE
UNCONDITIONAL
VULNERABILITY.

WALK WITH WOLVES,
YOU'LL LEARN TO HOWL.
WALK WITH BEARS,
YOU'LL LEARN TO GROWL.
WALK WITH LIONS,
YOU'LL LEARN TO ROAR.
WALK WITH EAGLES,
YOU'LL LEARN TO SOAR.
WHO ARE YOU WALKING WITH?

I ASK QUESTIONS TO
BRING OUT BRILLIANCE.

RELATIONSHIPS ONLY FALL
INTO SEVEN CATEGORIES:
THOSE FROM WHOM YOU LEARN.
THOSE WHOM YOU LIFT.
THOSE WITH WHOM YOU LAUGH.
THOSE WHOM YOU LOVE.
THOSE WHOM YOU LOOK TO LEAD.
THOSE WHOM YOU LIMIT.
THOSE WHOM YOU LOSE.

YOU WILL
NEVER OUTGROW
GROWTH.

**The smallest of steps eventually complete
the most giant journeys.**

GROWTH IS ABOUT MOVING
UPWARD NOT DOWNWARD
FORWARD NOT BACKWARD
HIGHER NOT LOWER.

TO KEEP GROWING, MAGNIFY
A MOTIVATION THAT MATTERS.

I WILLINGLY
SHARE THE WORST OF MY LIFE
TO ACTIVELY
BRING OUT THE BEST IN
YOUR LIFE.

TO FLOURISH IN YOUR GROWTH
FOCUS IN YOUR GROWTH

YOU ARE DESIGNED
TO SHINE; YOU ARE
BUILT FOR BEAUTY;
YOU ARE THE
FLAVOR OF FAVOR.

NURTURING HOW I SEE ME
NURTURES HOW I SEE YOU
NURTURING HOW YOU SEE YOU
NURTURES HOW YOU SEE ME.

I GET YOU GLOWING
INWARDLY TO GET YOU
GROWING OUTWARDLY.

MAGIC HAPPENS
WHERE THE
ACTION HAPPENS.

MAKE ROOM
FOR THOSE
WHO HELP
YOU BLOOM.

**Vision and mission are married.
Your vision of who you are
Will determine
Your mission of what you are
To accomplish.**

**You are loved; you are an
important difference maker;
you are valuable;
you are highly esteemed;
you are worth more;
You are smart and intelligent;
you are an honored person
of respect; you are elevated in
forgiveness; you are
deeply desired.**

STRONG LIFE COACH