

Path to Purpose

For women who want to ensure their lives have meaning and purpose aligned with their vision and values and that they are doing the right things to get there. We'll do a deep dive together through a set of guided exercises, and you'll come away with a clear vision and mission for your life along with a six-part life plan with goals and action steps for each area of your life.

Path to Purpose is for you if ... you've ever wondered if you're on the right track or unsure of the next steps and whether your actions now will get you there.

Why Lucky Heart?

Lucky Heart brings a deep joy and playfulness to the process of discovery and change in your life. The Lucky Heart coaching philosophy stems from research-based positive psychology to help you live a deeply meaningful life and find joy day to day. Lucky Heart Coaching works with women and young professionals to help them find direction and purpose to live an empowered, balanced life.

Kate Hyde

My greatest values are connection and curiosity. From attending Harvard at age 16, devouring every book that comes my way, and starting a private school, I have found ways to live these values with an insatiable desire to meet and know people. Starting in 2009 with the death of my mother, my life fell apart. The emotional growth this catapulted me into allowed me to create a life which is deeply meaningful and joyful. Now my north star is being present for people without judgement to help them feel deeply seen and understood. The wisdom I gained allows me to help you forge a path through change and uncertainty.

Package Details:

The Path to Purpose package includes:

- An intro call or coffee to get to know each other and review package and policies
- Six 45-minute coaching sessions on Zoom, either weekly or bi-weekly
- Lucky Heart exercises between sessions to unlock YOU
- Each session we'll review the exercises and create action steps for TODAY

Next step: Email, call, or text to get a full description of the Path to Purpose package.