

[felicia@sevenfoldcoaching.com](mailto:felicia@sevenfoldcoaching.com)



501.777.5351



[calendly.com/sevenfoldcoaching](https://calendly.com/sevenfoldcoaching)

**Real talk... Investing in yourself leads to success!**

Aloha, I am **Felicia Miller Johnson**. I am a Transformation Life Coach and the founder of Sevenfold Coaching.

I am a BNI member of the West Little Rock Chapter and also a Support Director Consultant

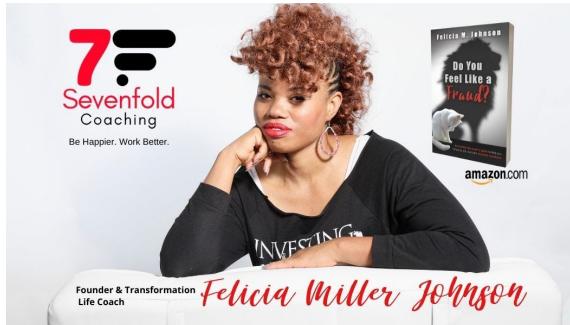
The following pages include my:

- Biography Sheet
- GAINs Exchange Profile
- Referral Partner Guide - Upcoming Events
- My Whys

In addition, I am also interested in building my contact sphere in these areas:

1. Small Business Owners (3-50 employees) | \_\_\_\_\_
2. Women's Group/ Assoc Organizers | \_\_\_\_\_
3. Social Media / Influencers | \_\_\_\_\_
4. Salon Owners | \_\_\_\_\_
5. Event / Conference Planners | \_\_\_\_\_
6. Vacation Planners | \_\_\_\_\_
7. Beauty Consultants | \_\_\_\_\_

I look forward to building visibility, credibility, and profitability with you during our scheduled 121.



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## Biography Sheet

**Name:** Felicia Miller Johnson

**Business Name:** Sevenfold Coaching

Check out my video at <https://youtu.be/XImU1IQ9BWY>

**Business Location:** Online at [sevenfoldcoaching.com](http://sevenfoldcoaching.com) and onsite at clients' businesses

Sevenfold Coaching is a Certified Arkansas Minority and Women-Owned Business (AASIS #100229927). ACA.15-4-315 - Purchases of up to \$40k can be made without competitive solicitation if using an AEDC certified minority or women-owned business.

**Profession:** Transformation Life Coach

**Years in the Business:** 3

**Previous Types of Jobs:**

Director of Academic Affairs, Marketing Manager, Product Development Manager

**Family Information:** Spouse - Trapper Children: Gabe 14 and Ariel 8 Also, my mom lives with us.

**City of Residence:** Little Rock      **How Long?** 20 years

**Activities and Interests:**

I enjoy "working". I often read paper books and listen to podcasts that deal with self-transformation topics (spiritual awareness, manifestation, law of attraction, impostor syndrome, positive psychology, business improvement, emotional intelligence). I avoid watching the news and phrases such as "I can't, I'll try, I wish" because of the negative energy it emits.

I am a volunteer Senior Board Examiner for the Arkansas Governor's Quality Award Program. My speciality is workforce engagement

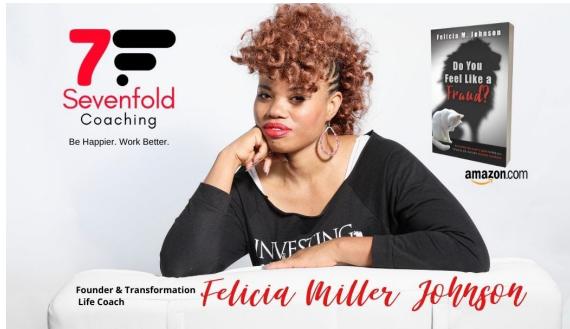
I teach Power Circuit (group aerobics class) at LaFitness.

**Burning Desire:** To be successful and respected like the Proverbs 31 woman.

**Something no one here knows about you:** Impacted by impostor syndrome - needing to be "twice as good". Also as an Enneagram 3w4, I fear being seen as a failure and therefore tend to focus much of my time on careers / work.

**The Key to Your Success:** High level of emotional intelligence.

**Ultimate Success Mantra:** Investing in yourself leads to success!



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# GAINS Exchange®

## Sevenfold Coaching Goals for 2020

- Facilitate The Pines Women Retreat, Feb 22, 2020 - Completed
- Implement Be Happier Work Better Masterclasses by the end of April.
- Complete 2nd book by the end of April
- Facilitate first Be Happier Work Better Masterclass Cruise (Nov 16-21) with 20 attendees

## BNI Goals for 2020:

- Be selected to become BNI Support Director Consultant - Completed

## Past Accomplishments:

- I had a LinkedIn viral post viewed by over 760k people
- Coordinated Suze Orman's first presentation at U.S. military installation
- Nominated and graduated for CRUs Senior Leadership Initiative (SLI) Program
- FamilyLIfe's Toastmaster of the Year
- Two U.S. President's Volunteer Service Awards
- UOPX Campus Academic Excellence Awards– Gold & Silver Levels
- DAA Academic Innovation and Leadership Award
- Military Achievement in Marketing Excellence (AME) awards

Learn more by connecting with me at <https://www.linkedin.com/in/feliciamillerjohnson/>

Top 3 endorsements on LinkedIn - Leadership, Training, and Public Speaking

## Personality and Skills:

*Note: You can register for FREE personality test to learn your DISC, Enneagram, Myers-Briggs, Core Values, Ideal Career, and more on my website at [sevenfoldcoaching.com/self-assessments](http://sevenfoldcoaching.com/self-assessments).*

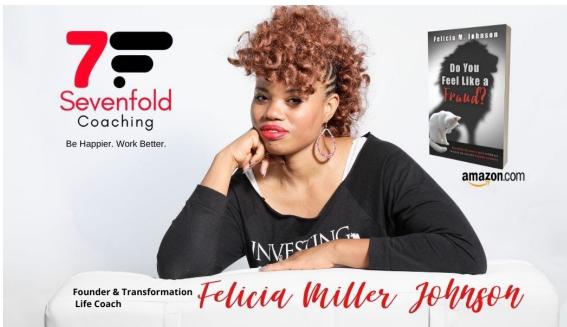
Felicia tends to remove emotions from decision-making as much as possible, valuing efficiency and logic over intuition or social proof.

Enneagram | 3 with 4 Wing - The Expert - They tend to be ambitious, focused, and serious in their behavior. They are very career-oriented and tend to find much of their identity in their work and are very task-focused.

Myers-Briggs | As an INFJ, Felicia tends to be determined, reserved, and altruistic. Felicia is likely an idealist and is passionate about making the world a better place and close relationships.

## Networks:

Arkansas Governor's Quality Award Program, HRMAAR, CHARA, Black HR Professionals, Women Influencers, Women In Networking, LaFitness, BNI



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# Felicia's Referral Partner Guide

Who I help	Women - Careers, Wife, Mother, Self-Doubt, Stress, Self-Improvement	Small Businesses or Departments   3 to 50 employees
Problem I solve	<p>&gt;Arkansas is ranked 49 out of 50 in Time Magazine's State of Happiness Factors in ranking: purpose, social, financial, community, and physical.)</p> <p>&gt;Research has shown that there is a relationship between impostor syndrome and: Anxiety-Depression-Low self-esteem/self-worth-Family expectations</p>	<p>&gt;71% of employees are disengaged at work.</p> <p>&gt;Only 68% of Gen X workers report being happy at work. The same percentage say their employers don't provide management and development skills training. By contrast, 74% of boomers and 75% of millennials are happy at work..</p>
How I provide solution	I help women overcome impostor syndrome (self doubt), be happier, and work better by achieving their annual goals with the help of self-assessments and masterclasses.	I provide transformation workshops and 1to1 coaching that establish employees' work-life goals, happiness, and engagement levels.
Phrases to listen for?	<p>I feel self-doubt, stress, insecure, unworthy, anxious... like a fraud?</p> <p>I like to attend women's group, events</p> <p>I am interested in masterclasses or cruises.</p>	<p>We were blind sided when he/she left....</p> <p>We are planning a conference..</p> <p>My team needs personal development training...</p> <p>We have new team members...</p> <p>We seek to work better as a team / dept / org / business.</p>



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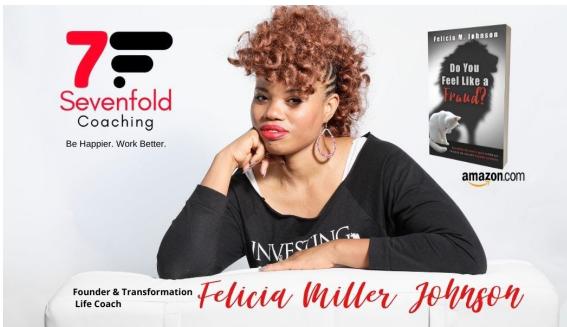
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<b>Conversation Starters</b>	<p><b>You:</b> I recently learned from Felicia that women are more likely to be impacted by impostor syndrome.</p> <p><b>Them: Who is Felicia?</b></p> <p><b>You:</b> She is a life coach and conducts masterclasses and cruises for women. Would you be interested in learning more?</p> <p><b>Them: Yes!:</b> <b>You:</b> Okay visit her website at <a href="http://sevenfoldcoaching.com">sevenfoldcoaching.com</a> and , I'll also share your contact information with her.</p> <p><b>Them: No, but _____ may benefit...:</b> <b>You:</b> Okay, have them visit her website at <a href="http://sevenfoldcoaching.com">sevenfoldcoaching.com</a> for information.</p> <p><b>Them: No:</b> <b>You:</b> Okay, if you change your mind, simply visit <a href="http://sevenfoldcoaching.com">sevenfoldcoaching.com</a> Then transition to another topic of conversation.</p>	<p><b>You:</b> I recently learned from Felicia that 71% of employees are disengaged at work and Gen Xers are the least happy at work.</p> <p><b>Them: Who is Felicia?</b></p> <p><b>You:</b> She is a Life Coach and founder of Sevenfold Coaching. She provides group workshops and 1to1 coaching that helps improve employee engagement. Would you be interested in learning more?</p> <p><b>Them: Yes!:</b> <b>You:</b> Okay visit her website at <a href="http://sevenfoldcoaching.com">sevenfoldcoaching.com</a> and , I'll also share your contact information with her.</p> <p><b>Them: No, but _____ may benefit...:</b> <b>You:</b> Okay, have them visit her website at <a href="http://sevenfoldcoaching.com">sevenfoldcoaching.com</a> for information.</p> <p><b>Them: No:</b> <b>You:</b> Okay, if you change your mind, simply visit <a href="http://sevenfoldcoaching.com">sevenfoldcoaching.com</a> Then transition to another topic of conversation.</p>
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## Be Happier Work Better Masterclass

Sevenfold Coaching's Be Happier Work Better Masterclass coaches women on how to overcome impostor syndrome (self doubt), be happier, work better and achieve their work-life goals.

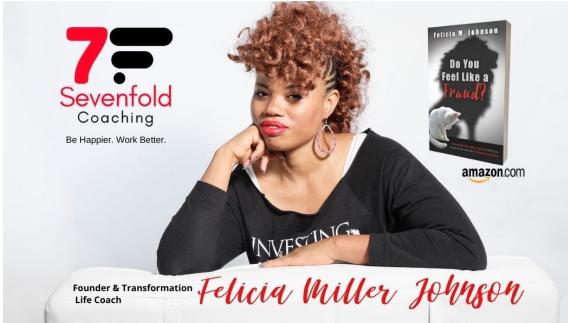


*Felicia Miller Johnson*

Founder & Transformation Coach

**Learn more at  
[sevenfoldcoaching.com](http://sevenfoldcoaching.com)**

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Partnered with Unique Travel

**7F**  
Sevenfold  
Coaching  
[sevenfoldcoaching.com](http://sevenfoldcoaching.com)

**Be Happier Work Better Masterclass Cruise**

Nov 16 - 21, 2020

New Orleans | Cozumel  
Yucatan (Progresa)

**Felicia Miller Johnson**  
Transformation Coach

Ladies, don't miss the boat! Invest in yourself and take the Be Happier Work Better Masterclass Cruise that coaches you on how to overcome self doubt, promote yourself, and achieve your work-life happiness goals.g. Visit [sevenfoldcoaching.com](http://sevenfoldcoaching.com) for more details and registration.

## Reserve your spot with only a \$50 deposit by Mar 20, 2020

### Interior Cabin - Package Price \$665

Includes - Interior Cabin, Conference Fees, T Shirt, Activities, Bags and More. Does not include Vacation Protection. Based on Double Occupancy. Payment Plans Available. Once you pay your deposit payments will start March 20th of \$102.50 per person with final payment due by August 20th.

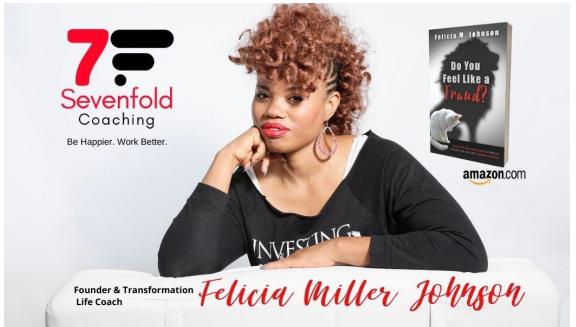
### Ocean View Deposit - Package Price \$715

Includes - Oceanview Cabin, Conference Fees, T Shirt, Activities, Bags and More. Does not include Vacation Protection. Based on Double Occupancy. Payment Plans Available. Once you pay your deposit payments will start March 20th of \$110.83 per person with final payment due by August 20th.

### Balcony Cabin Deposit - Package Price \$825

Includes - Balcony Cabin, Conference Fees, T Shirt, Activities, Bags and More. Does not include Vacation Protection. Based on Double Occupancy. Payment Plans Available. Once you pay your deposit payments will start March 20th of \$129.17 per person with final payment due by August 20th.

To make different payment arrangements or to pay in full please contact us at [c.uniquetravel@gmail.com](mailto:c.uniquetravel@gmail.com).



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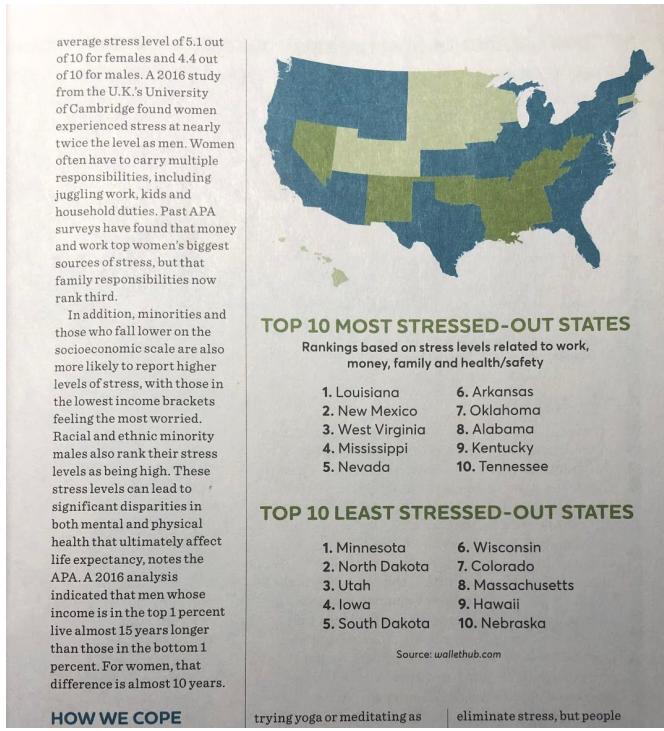
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## Why I named my business Sevenfold Coaching?

After asking God for clarity, I was awakened in the early morning with the word "sevenfold" which represents seven graces ([Romans 12:6-8](#))

1. Insight (prophecy);
2. Helpfulness (service or ministry);
3. Instruction (teaching);
4. Encouragement;
5. Generosity (giving);
6. Guidance (leadership); and
7. Compassion.



## STATES OF HAPPINESS

The pursuit of happiness is an American ideal, but the reality varies nationwide



### The effects on Gen X

LinkedIn Learning reports that 54 percent of Gen Xers say their jobs stress them out, 6 percent more than Baby Boomers and 8 percent more than Millennials. According to MetLife's *Thriving in the New Work-Life World*, fewer Gen Xers claim to be happy at work; only 54 percent said they feel empowered at work, and a mere 62 percent responded that they feel respected at the office. The report also shows that Gen X is currently receiving (marginally) fewer promotions, less access to senior leadership, and fewer "meaningful" work projects. Further, Gallup found that Baby Boomers and Gen X are by far the least engaged groups despite making up about 88 percent of the workforce. All told, it appears Gen X is beginning to feel forgotten—and even stepped on.

Many organizations will openly acknowledge that Gen X has been somewhat left out. "Because Millennials' perspectives are often vastly different from those of Gen Xers, Millennials tend to 'win' as companies shape their cultures and operations to attract and