



E-BOOK

THE MINDFUL EGO: FREE GUIDE TO TRANSFORMATIONAL COACHING

DISCOVERY CALL

Join us for a conversation to explore your vision and define goals for your unique journey.

PERSONALIZED PLAN CREATION

Design a personalized plan that aligns with your goals and values, setting the stage for transformation.

IMPLEMENTATION

Let's embark on our journey! With your personalized plan, we'll transform dreams into action steps by 2025.

*What we offer can help you
transition your purpose.*

DR. JAZZMON EDMUNDSON

The Mindful Ego: Free Guide to Transformational Coaching



WELCOME
From Jazzmon

Thank you for downloading his exclusive e-book from the Mindful Ego. Inside, you'll discover how our coaching services can support your personal growth, resilience, and well-being-- no matter where you are in life's journey.

www.TheMindfulEgo.coach



WHAT WE OFFER

1:1 Coaching

Personalized sessions tailored to your unique goals. Experience confidential support and practical strategies for transformation.

Group Coaching

Connect and grow with others in a supportive environment. Options include general sessions and specialized 9D Breathwork coaching (minimum 6 participants).

Relationship Coaching

For couples, co-workers, friends, and co-parents. Strengthen communication, resolve conflict, and build healthier connections.

Transitional Coaching

Navigate big life changes—youth transitions, parenting, career shifts, divorce—with clarity and confidence.

Accountability Coaching

Stay on track with your goals. Get regular check-ins, progress tracking, and motivational support.

Resilience Coaching

Develop critical life skills, boost personal development, and learn to thrive in the face of challenges.

Burnout Recovery Coaching

Reclaim your energy and set healthy boundaries. Focus on success, stress management, and sustainable well-being.

Our Approach

- Trauma-informed and mindfulness-based
- Actionable steps and reflection prompts
- Confidential, non-judgmental support
- Real-life examples and quick wins

Get Access to the Mindfulness Toolkit

- -5-4-3-2-1 Grounding Exercise
- STOP Method Quick Guide
- 4-2-6 Breathing Script
- Mindful Journaling Prompts
- Weekly Tracker



How to Get Started

1. Choose your coaching path
2. Book a free consultation
3. Download your Mindfulness Toolkit
4. Join our community for ongoing support

About The Mindful Ego

Founded by Jazzmon Edmundson, The Mindful Ego blends professional expertise in the legal field, trauma recovery, and mindfulness to help you achieve lasting change.

Ready to take the next step? Visit themindfulego.coach or email support@themindfulego.coach to connect today.

Empower your journey. Transform your life. The Mindful Ego is here for you.

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