# **🌟 WholeWellness Coaching Discovery Roadmap & Quiz**

## **🎯 Objective:**

Help clients identify their top challenges, goals, or needs—and guide them to the **right type of coaching (live or AI), programs, or tools** for their journey. Whether they arrive unsure or clear, this roadmap ensures clarity, care, and next steps.

## **🧭 Step 1: Identify Your Current Needs or Challenges**

**Select up to 3: Charlene:**

* 🌿 Managing emotions (stress, anxiety, overwhelm)
* 💞 Relationship issues (dating, marriage, family, divorce)
* 💼 Career stagnation, burnout, or transitions
* 💰 Financial stress or goals
* 🏥 Health and wellness  
  Dasha:
* 🔥 Navigating a life crisis (grief, identity, trauma)
* 🧠 Feeling unfulfilled / purpose-seeking
* ⏳ Productivity or time management
* 🛡️ Trauma or domestic violence recovery
* 👩‍👧 Parenting or co-parenting
* 🪞 Low self-worth or confidence
* ✍️ Other (Open text)

✅ **Automated path suggestion** based on their selections (e.g., “Relationship + Finances + Confidence” → see tailored matches below)

## **🔁 Step 2: Dive Deeper – What Best Describes Your Situation?**

This question adapts based on Step 1 selections. For example:

### **If “Divorce” is selected:**

**“Which of these fits you most?”**

1. ✅ “I’m financially stable but emotionally lost”  
    → Divorce Coach + Life Purpose Coach + AI Tools
2. ✅ “I’ve been out of work for years, need help restarting”  
    → Career Coach + Divorce Coach + Mindset Coach
3. ✅ “I’m overwhelmed, never managed money or decisions”  
    → Divorce + Financial + Relationship + Mindset Coaches + Group Support
4. ✅ “I’m navigating custody/legal stress while working full time”  
    → Divorce + Parenting + Stress Coaches
5. ✅ “I’m post-divorce but stuck in my old identity”  
    → Transformation Coach + Confidence Coach + Journaling Tools

🧩 This level of nuance helps address individual realities and build a custom support system.

## **🧠 Step 3: What Type of Support Feels Right?**

Choose one:

* 🧍 I want to talk to a real coach (Live Coaching)
* 💬 I prefer tools to explore on my own (AI + Self-Guided)
* 🔁 A mix of both
* ❓ I’m not sure—help me explore options

## **📈 Step 4: How Ready Are You?**

Select one:

* 🟤 “I’m overwhelmed and unsure where to begin”  
   → Gentle Entry: AI Tools + Intro Session
* 🟡 “I’m managing, just need direction”  
   → Intermediate Path: 1–2 Coach Matches
* 🟢 “I’m motivated and ready to change”  
   → Action Coaching Plan
* 🔍 “I’m curious and open to explore”  
   → Discovery & Vision Mapping Track

## **🧭 Step 5: Your Coaching Match Results (Displayed Dynamically)**

Example Result Based on Quiz:

**You selected:** Relationship Struggles, Career Transition, Confidence Issues  
 **Recommended Coaching Path:**

* 💞 Relationship Coach (boundaries, communication)
* 💼 Career Coach (resume, goals, confidence)
* 🧠 Mindset Coach (resilience, self-belief)
* 💬 Bonus: Daily AI Reflection Journals + Group Discovery Call

Buttons:

* 🔹 [Meet a Coach Now]
* 🔹 [Start with AI Guidance]
* 🔹 [Join a Group Session]
* 🔹 [Book a Free Discovery Call]

## **👩‍💼 Optional Coach Profile Browsing**

Let clients explore coaches by specialty:

* [Show Relationship Coaches]
* [Show Career + Confidence Coaches]
* [Let AI Match Me to a Coach]

## **🛠️ Coach Match Tags (Back-End Logic Tree)**

| **Tag** | **Coach Match(es)** |
| --- | --- |
| Divorce + Emotionally Lost | Divorce Coach + Life Purpose |
| Divorce + Financially Inexperienced | Financial Coach + Mindset Coach |
| Career Restart | Career Coach + Confidence Coach |
| Overwhelmed | Mindset Coach + Support Group |
| Purpose-Seeking | Transformation Coach + AI Goal Mapping |
| Trauma/DV | Trauma-Informed Coach + Wellness Support |

## **🧪 Quiz Format & Tech Suggestions**

Can be built with:

* **Typeform**
* **Outgrow**
* **Jotform**
* **Custom Widget**

Use **smart logic trees** like a dichotomous key to guide clients smoothly.

## **✅ Benefits**

* Helps clients even if they don’t know what coaching they need
* Increases connection rates to right-fit coaches
* Reduces overwhelm and guesswork for the user
* Creates scalable, data-informed onboarding
* Supports both AI-only and human-touch coaching systems

## **🌱 Final Message for Users**

“Thank you for exploring WholeWellness. You're not alone—your healing, clarity, and growth journey starts here. Let’s take your next step together.”