



THE
PLAIDPATH

Coaching on Camino: Online Course

Finding Your Way Through
Life Transformation

Facilitated by Matthew Cugnet



A PILGRIMAGE IN 5 STAGES

This Online Course is Comprised of Five Workshops



1. The Call

Identify the life transition you are experiencing and understand your cause of action



2. The Departure

Prepare for change by letting go of the past and accepting the future



3. The In-Between

Navigate obstacles and develop the courage to step out of your comfort zone with confidence and assurance



4. The Lessons Learned

Develop a deep understanding of life by reflecting on change and adapting your goals



5. The Return

Implement lasting change and foster a renewed life of authenticity, joy, and freedom



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**LIFE
IS A
JOURNEY
AND IT
BEGINS WITH
ONE STEP**



A COACHING PROGRAM DESIGNED IN ALIGNMENT WITH THE CAMINO DE SANTIAGO

The Camino de Santiago is a walking pilgrimage of over 900km that crosses Spain. With routes extending all throughout Europe, pilgrims choose to start their journey anywhere. The beauty of the camino, however, is that it doesn't matter where you start; all roads will converge in Santiago de Compostelle.

I first took pilgrimage in 2012, and then again in 2016 and 2017. With over 3000km of walking, I have experienced the transformative powers of the Camino de Santiago.

Pilgrimage is a therapeutic process, symbolic of the journey we take in life. By taking risks, persevering each day, and trusting the process, the Camino de Santiago guides you as you transition into a new stage of life.

Walking 1000km is not convenient for everyone; but I believe that anyone who is seeking self improvement should have the opportunity to experience the enlightening benefits of pilgrimage.

This five-part online course delivers the teachings of the Camino de Santiago with a practical and effective approach. You will be guided through your life transition in five key stages: The Call, The Departure, The In-Between, The Lessons Learned, and The Return.

Upon completion of this program, you will have the skills and mindset to face adversity with confidence and live an authentic life in alignment with your passion. Transitions are a natural part of life; but you do not need to navigate them alone. Become a part of our community and let's walk together.



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STAGE 1: THE CALL

The result:
You will have a clear picture of what your
life transition process looks like



Identify your life transition as: anticipated, unanticipated, non-event, or sleeper



Determine the changes you want to make in your life or the outcomes you want to achieve by using effective goal setting strategies



Recognize your stage of change: pre contemplation, contemplation, preparation, action, maintenance



Determine your feelings around change by connecting with your emotional and mental being through mindfulness practices



Clarify the anticipated results you would like to achieve on your journey and learn to keep track of your progress throughout



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STAGE 2: THE DEPARTURE

The result:
You will have a toolkit of strategies and techniques to begin implementing during the change process



Establish your priorities and create the stepping stones you will take throughout your journey



Embrace discomfort and learn coping strategies for feelings of anxiety, stress, uncertainty, and depression



Reframe your thought patterns by acknowledging what you are leaving behind and embracing future outcomes with a positive mindset



Learn effective strategies and practices to implement in your daily routine to reduce the risk of developing an adjustment disorder



Create an action plan and understand your cause of action before implementing change



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STAGE 3: THE IN-BETWEEN

The result:
You will implement lasting change and
create your desired life as you work
through challenges



Explore your ideal outcomes through guided trial-and-error practices as you step out of your comfort zone and adapt to a new stage of life



Ensure your actions are in alignment with your values as you take action everyday and construct new routines that are suited to your lifestyle



Develop personalized re-booting practices to promote clarity and increase drive throughout the change process



Improve your self confidence and self esteem by continuing to rewrite mental scripts



Develop techniques for overcoming new obstacles as they continue to come up throughout the change process



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STAGE 4: THE LESSONS LEARNED

The result:
You will have the confidence and
willpower to begin living authentically in
your new stage of life



Recall the stages of change that you have worked through and identify the lessons you learned from each experience



Practice reflective techniques to process fear around uncertainty and develop self efficacy



Adapt existing goals and develop new goals as you progress through your life transition



Discuss coping strategies for handling relapse when faced with new adversity and evaluate triggers for relapse



Foster excitement towards change and increase motivation towards lifelong self development outside of coaching



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STAGE 5: THE RETURN

The result:

You will be living with purpose and intention
in your new stage of life.



Build your strength and learn to sustain confidence moving forward with your new direction in life



Re-evaluate your habits, routines, and lifestyle to ensure you are living in alignment with your purpose



Process any lingering limitations and begin to express yourself authentically in this new stage of life



Connect with your inner power and take ownership for the impact your thoughts and decisions have



Develop effective strategies to reconnect with your community and move on from anything that does not serve your highest self



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FAQs



What do you mean by life transition?

Life transitions are periods in life that evoke change. Common life transitions include: new relationships, change in family dynamics, growing up (puberty, adulthood, aging), moving, adjusting to college or a new job, having an empty nest, divorce/separation, career changes (job loss, new job, retirement), financial gain/loss, illness/disability, death of a loved one, questioning faith/spirituality, questioning gender/sexual identity.

Will I actually be walking 1000km?

Not at all! While the therapeutic nature of walking has many benefits, this is an online coaching program designed to suit your lifestyle.

Is this program right for me?

If you want to successfully and productively navigate a life transition with confidence, then this program is for you!

How long is the course?

The course consists of five workshops which can be completed over five days. All workshops are pre-recorded and available online. As well, the course consists of five live calls with other members of the program which are hosted on select days/times.

What is the structure of this program?

For each workshop you will watch the pre-recorded video and complete the session's activities. Live sessions will be hosted on select days/times. These 45min Zoom sessions will include coaching and Q&A in a seminar format.

How much does this cost?

Self development is the best investment that you can make. This program is an investment of \$475, which includes life-time access to The PlaidPath Patreon as a Trail Companion.