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mindset.motivation.momentum.

Coach | Speaker | Trainer

# The Mindset Program

## Is this the program for you?

You're kicking plenty of career goals, but outside of the office – not so much.

Although you're winning at work, you often feel exhausted and overwhelmed. You need a coach who can guide you back from the brink of burnout and help you rebalance your life.

This program will reconnect you to the parts of your life you lost touch with while you built your brilliant business or crafted your stellar career. We'll start by looking at how you got separated from your healthier more balanced self. We'll work on recalibrating this relationship as a basis for rewiring your connections to family and friends and community.

If you need to realign your personal life in ways that can only enhance you professionally, this program will give you the space and the time and the tools to do it.

## How does it work?

**Timeframes:** The Mindset program has 8 two-hour sessions.

Before we begin you'll complete a 'healthy habits' assessment.

In our initial 'sync and strategise' session you can choose to begin by getting the big issues out of your head, off your chest and on the table. Once this 'download' is complete, we'll use your responses to the 'healthy habits' assessment as a basis for answering these questions.

- » What would your balanced, purposeful, connected life look like?
- » What drives you professionally?
- » What's working in your professional life right now?
- » What isn't working in your personal life right now?
- » What are you prepared to do less of, more of or completely differently?
- » What's holding you back from accomplishing these changes?
- » What immediate practical steps will allow you to take more complete care of your self?

Expect to leave this session feeling lighter, clearer and confident that we've devised a purpose built strategy for achieving peak performance in all aspects of your life. You'll also be equipped with some powerful tools to change the mindset that's sabotaging your efforts to live a genuinely connected life. Finally, you'll have a set of specific health and wellness goals to pursue.

In our subsequent 7 two- hour 'mindset and momentum' sessions we'll chart your progress. This means:

- » Taking a fearless look at how confidently and quickly you're disrupting and adapting your daily routines and rituals to be more available for yourself and others
- » Evaluating how genuinely you're accomplishing your goals and realising your initial vision
- » Rethinking and recalibrating your program if you need more or fewer challenges
- » Sustaining change by ensuring you have support from family, friends, colleagues and any other professionals to protect and consolidate your progress

Celebrating success – there's likely to be lots of this

You'll have unlimited email access to me and I'll send a summary of each session as a reference and a prompt to keep your motivation and your mindset on track.

## What makes the Motivation Program successful?

This is a completely tailored program grounded in my 30 years' experience as a Health Fitness and Wellness expert and a seriously driven businesswoman who has beaten burnout more than once.

It is high on structure and accountability and long on targeted support. It gives you every opportunity to accomplish in your physical and emotional wellbeing and sustain the changes. The Mindset Program integrates mind and body awareness. This is an essential skill for high achieving people who want to maintain their mojo and their equilibrium. I'll design your program to ensure you can do both these things well beyond the life of the program.

Furthermore, we'll use well-researched credible tools to help you identify and develop your strengths and defy your demons. These include:

**The VIA Survey of Character Strengths** focuses on your best qualities and helps you understand your core characteristics. The VIA Survey is a central tool of positive psychology. It has been used in hundreds

of research studies and taken by over 3 million people in over 190 countries.

**SelfStir Individual 360 degree feedback** inspired by the global success of the business application of this tool, SelfStir have created a credible, well-researched version and made it available to everyone.

**The 8 Colours of Fitness** based on the framework of the **Myers-Briggs Type Indicator®**. This well researched practical tool uses a personality-based approach to achieving a physically active lifestyle

**The Wheel of Life®** helps you review and rebalance your life. It gives you a 'helicopter view' that makes it easier to which parts of your life would benefit from more focus and energy.

In short, the Mindset Program disrupts your self-sabotaging patterns of thinking and behaving. It challenges and supports you to be the best integrated and most complete version of your self. It reconnects you to richer more fulfilled personal and professional lives. It replenishes and strengthens your creativity and drive to be successful on every level.

## What do you need to invest?

Time, energy and a \$3549 up front payment that covers everything.

You'll need to commit around **4 hours per week** to preparing for and consolidating the work we do in each session. This includes completing a range of charts, checklists, and journals adapted to support your specific goals.

I encourage you to move through the program at your own pace. However, 12 weeks is an optimal time for completing the sessions to ensure that you develop the following three things that I'm confident we can achieve in this program. These are:

- » Your most powerful and creative mindset
- » Your most stable and sustainable motivation
- » Your highest possible personal pace and momentum



## Need more information?

I'd be delighted to answer any questions. I also offer a free face to face or Skype consult to discuss how we could work together to realise your potential for integration and connectedness as well as power and productivity.



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