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mindset.motivation.momentum.

Coach | Speaker | Trainer

# The Momentum Program

## Is this the program for you?

You know something needs to change but you're not sure what that is.

You're sufficiently curious and dissatisfied to go the extra mile to pin it down and sort it. You need a coach who'll work with you on disrupting and deconstructing whatever it is that's getting between you and your most accomplished self.

This program will help you sort that elusive 'something' out. We'll identify that specific 'thing' you're keen to change. We'll look at why it matters and how changing it will impact your values and vision of your self as a genuinely effective person.

If you need to manage yourself or lead others more skilfully, this program will spark a stronger relationship with the only person who can make a powerful difference here – you.

## How does it work?

**Timeframes:** The Momentum program has 6 sessions.

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

In our **initial 90-minute strategy session** we'll use your responses as a start point to answering these questions.

- » What would your balanced, powerful, productive life look like?
- » What is and isn't working in your life right now?
- » What are your priorities for change?
- » What's holding you back from accomplishing these changes?
- » How ready are you to see and do things differently?
- » What practical steps do you need to take right now?

Expect to leave this session with a purpose built strategy for achieving peak performance. You'll also be equipped with some powerful tools to disrupt the attitudes and behaviours that sabotage your success. Finally, you'll have a set of specific goals to pursue.

- » Taking a fearless look at how confidently and quickly you're accomplishing your goals and realising your initial vision
- » Rethinking and recalibrating if we need make things more or less challenging
- » Sustaining change by ensuring you have any and all the additional support you need 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 momentum on track.

## What makes the Motivation Program successful?

This is a flexible but focussed program that's high on accountability. I draw on my 30 years' experience as a Health Fitness and Wellness expert and a businesswoman to make sure we work on every aspect of your personal and professional wellbeing. I believe that integrating mind and body awareness is an essential skill for successful, balanced, high achieving people. I'll tailor your program to do this in ways that work for you. I also know what it means to strive against the odds for professional and business goals and to fall down seven times and get up eight.

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

**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 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.

**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 Momentum Program energises you and builds your confidence and motivation. It's a check in and kick start program that will give you the groundwork for greatness.

## What do you need to invest?

Time, energy and a \$1597 up front payment that covers everything.

You'll need to commit around **2 hours per week** to preparing for and consolidating the work we do in each session. I provide 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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