



Rebecca  
Hannan

mindset.motivation.momentum.

Coach | Speaker | Trainer

# The Motivation Program

## Is this the program for you?

You want to do something specific and special. You're clear about that.

While your 'what' is crystal clear, your 'how' and maybe even your 'why' need work. You need a coach who can help you uncover your 'why', find your 'how' and keep you on track.

This program will propel you towards whatever courageous life-changing goal you're pursuing. It's ideal if you're planning to run something – like your first or best marathon or your own business or change something – like your work or your weight.

We'll find what's driving you and where this goal sits with your values and sense of power and purpose. Then we'll craft and track a practical path to accomplishing it that aligns with the rest of your personal and professional life.

## How does it work?

**Timeframes:** The Motivation Program has 12 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 will be different once you've achieved this goal?
- » How SMART is your goal?
- » What are the challenges you're likely to meet as you pursue this goal?
- » What is and isn't working well in your life right now?
- » What are you prepared to do less of, more of or completely differently?
- » What support will you need to get there?

Expect to leave this session with a purpose built strategy for achieving your goal and maintaining peak performance in every other aspect of your life. Your milestones will be mapped. You'll be equipped to deal with your own or others' deliberate or accidental acts of sabotage.

In our subsequent 11 one-hour 'chart and champion' sessions we'll chart your progress. This means:

- » Taking a fearless look at how confidently and completely you're working with positive patterns that support your progress towards your goal and enhance everything else you do
- » Recalibrating your program if you need to adjust the pace or the pathway
- » Marking your milestones and celebrating success
- » Protecting your progress by ensuring you have all the personal and professional support you need to consolidate your progress

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 on track.

## What makes the Motivation Program successful?

This is a completely individualised program that draws on my 30 years' experience as a Health Fitness and Wellness expert, dedicated endurance athlete and successful businesswoman renowned for calculated risk taking.

Experience has taught me that motivation follows action. This means we'll focus on perfecting a practical program that gives you immediate measurable results. I believe that integrating mind and body awareness makes a crucial difference to achieving success of all kinds. This program trains you in these skills.

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 Motivation Program challenges you to rise to your own occasion and cheers you every step of the way. It strengthens your self-belief and builds the mental, emotional and physical 'muscle' you need to cover the distance between you and your goal. More than that, it sets you up for ongoing personal and professional success once you've celebrated crossing this particular and impressive 'finish line'.

## What do you need to invest?

Time, energy and a \$2750 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 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.



Coach | Speaker | Trainer

p. 0409 988 593

e. [rebecca@rebeccahannan.com](mailto:rebecca@rebeccahannan.com)

w. [www.rebeccahannan.com](http://www.rebeccahannan.com)

