



It was designed by certified coaches for individuals who may have experienced tragedy, trauma or professional/personal setbacks. The program compliments therapy and 12 step programs when participants are able to move forward. The program deepens awareness of thinking, feeling and acting while exploring new **choices**, **building commitment**, **taking action** and **assuming personal responsibility**.

WE CAN RISE ABOVE OUR CIRCUMSTANCES

Life be challenging, It's natural to become skeptical; lacking the self-trust and confidence to take action and deal effectively with others. Yet there is a barely audible whisper that a more meaningful experience is possible when:

- **peace can be made with the past**
- **the inner critic can be managed**
- **strengths and gifts can be leveraged**
- **personal vision inspires forward action**
- **personal values guide behaviour and choices**
- **confidence replaces fear and anxiety**
- **there is a comprehensive roadmap to follow**

PARTICIPANT EXPERIENCE

During the two day experience, participants are exposed to new concepts through inspiring videos, discussion and a series of guided exercises.

They take inventory of their current situation; identifying affirming and limiting patterns that affect relationships and behavior.

They clarify their unique purpose and the values that will anchor future choices and behaviours.

With deepened self awareness they leave the session with a clear focus on the future along with the tools to manage their commitments through ongoing self-care and reflection.



TRANSFORMATIVE CHANGE

When **awareness** is deepened, **choices** expanded, and **self trust** is high, individuals begin **thinking**, **feeling** and **acting** differently.

Small wins and progress build their confidence, resilience and capability.

We believe participants are **creative**, **resourceful** and **capable** to make the choices best for them.

AWARENESS

What beliefs are holding me back?

A shift in mindset opens the door to new choices.

CHOICE

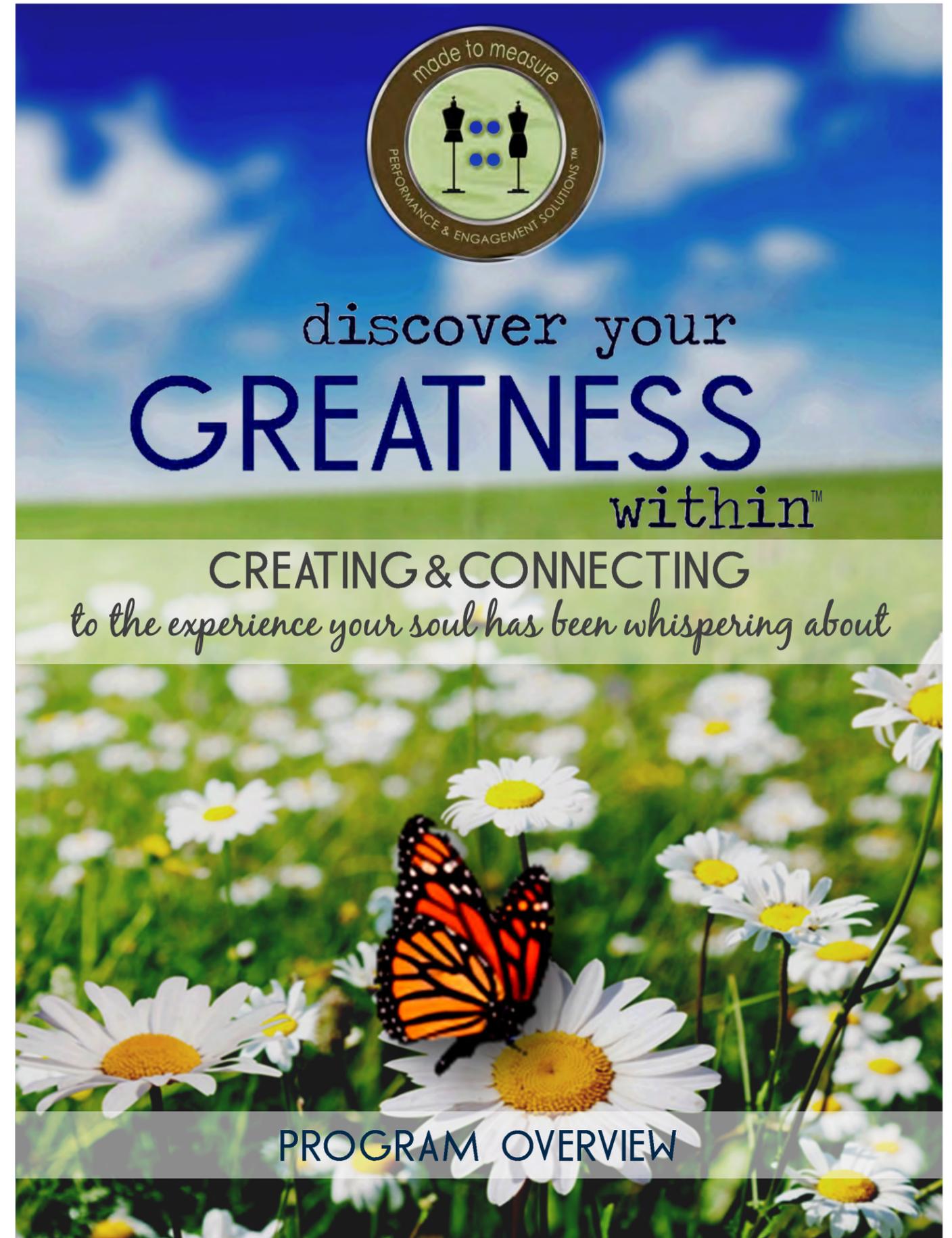
What are all my choices?

Without choices, individuals experience stress and anxiety which impacts their ability to access the full cognitive functioning of their brain. Expanding choices unleashes their full potential.

CONFIDENCE

Do I have confidence?

When an individual lacks self trust or confidence, they are less likely to take risks and act upon new choices that emerge through expanded awareness. The guided experience affirms their self worth and they build lasting, supportive relationships



A reflective exploration of the past through the lens of learning, understanding and acceptance so it doesn't limit future choices.



- **Emotions:** A guide to mindset & thinking
- **Mindset:** Past experiences affect thoughts, beliefs & choices
- **Influencers:** Advocate & adversary impact on thoughts & beliefs
- **Inner Critic:** Self dialogue that creates doubt inhibits risk taking
- **Compassionate Ally:** Self dialogue that supports taking risks
- **Strengths:** Talents & gifts often overlooked
- **Mindfulness:** Tools to manage mindset; dialing down the inner critic & dialing up the compassionate ally

DAY I REFLECTION AND ACCEPTANCE

Emotions are the body's language and reveal opportunities to explore thinking and beliefs. Self awareness is deepened through increased mindfulness and awareness of the thoughts and beliefs that fuel feelings and emotions.

Research shows that the best cognitive thinking occurs when individuals feel safe and not threatened. They learn to embrace and **manage their inner critic** by accessing **their compassionate ally** when negative thoughts hijack and sabotage potential (hopes, plans and dreams).

Participants are introduced to a variety of **time honoured life principles** that help them successfully make sense of the past and proactively navigate the future. The life principles offer **new awareness** and **choices** to effectively self-manage, enhance relationships and create greater harmony. They are free to consider the life principles provided or develop ones that serve their individual needs.

Participants learn to paint with their own palette of universally recognized **strengths** and **virtues** that are proven to bring greater happiness when they are active across life's demanding roles. They explore how their signature strengths can create discord when interacting with others (both personally and professionally) by bringing deeper awareness to their behavioural triggers.

A variety of **reflection** and **mindfulness** techniques are shared that encourage participants to build empowering routines of ongoing self reflection and monitoring in order to regularly reflect and recalibrate on their vision, goals and actions.

Making the shift to create a new future with focused attention. Participants begin to creatively connect to their full potential.



- **Values:** What's important living authentically with alignment
- **Purpose:** The guiding beacon for positive action
- **Empowering Routines:** Creating space for greatness to emerge; behaviours and routines that support future success
- **Intentions:** Goals that define how to close the gap between the present reality and authentically fulfilling one's purpose
- **Attention:** A methodology to reflect, maintain focus and recalibrate when the demands of others interfere with living authentically with purpose

DAY II CHOICES & RESPONSIBILITY

Values drive behaviour and the choices we make (especially when confronted with competing priorities). Many core values are imprinted on us through early life experiences. Participants identify the values they consciously want to embrace. It is an opportunity to pause, reflect and gain clarity on how they want to be experienced (in all the roles they play) as they move forward.

Defining one's **life purpose** becomes the impetus for future action. Participants feel empowered when their life purpose is consciously defined. It becomes the umbrella for goal setting and making difficult choices. **They experience the shift from feeling powerless to empowered.** They learn how to leverage their unique palette of strengths to actualize their purpose.

They deepen awareness by examining all the roles they play; prioritizing and defining what success in each role looks like for them.

With clarity on purpose, values and roles, participants create **empowering routines to develop new habits.** They set **new intentions** and integrate a simple process for managing intentions that includes daily, weekly, monthly, planning and reflection.

Following the two day experience, each participant receives two hours of individual coaching to support their journey forward. The leave feeling confident, having build new relationships and knowing a coach can support them when they derail.

