

COACHING PROGRAM



APPLIED SELF-LEADERSHIP THROUGH THE **PAIN** OF CONSTANT CHANGE



RECOGNIZE & RELEASE

Discover how to recognize and release the patterns of PAIN (Projecting Anxieties, Insecurities & Narratives) so that you can reduce the hidden costs of constant change, and reclaim lost time, energy and execution.

REALIGN & RECOMMIT

Explore the practice of consistently reconnecting with what matters most and redirecting your effort and attention to what's within your control, freeing you to fully embrace what REAL Success means to you.

REFRAME AND RESPOND

Learn a functional framework for applied self-leadership in the face of constant change and adversity. Anytime, anywhere.



Participants who complete this program receive a **REAL Success** certification in **Applied Self-Leadership**.



Learn to spot the patterns of PAIN.



Let go of what's holding you back.



Apply self-leadership in the face of change.

LEAD WITH DIGNITY * CREATE WITH COURAGE