



## 90 day Optimal Motivation Leadership Program

### Discover the 3 Steps to Optimal Motivation

This is a wonderful opportunity for leaders to practice the skill of activating optimal motivation. By potentially experiencing a shift to an optimal motivational outlook, leaders can use this new skill, along with powerful questions, to have effective conversations with their team about motivation.

1. *The 3 Step Program.* This is a 4 call coaching program that will have meetings on wk 3, 6, 9 and 11 and a wrap up call on day 90. The 3 steps are 30 days each of: identifying your current motivational outlook, shifting to an optimal motivational outlook and reflecting. There is also an optional EQ assessment that can be added on for more clarity on the factors that are most critical to your success.
2. *Why have me be your **Leadership Coach**?* As an Executive Coach and former leader, I can respect your need for confidence as we will get into personal discussions that are confidential in nature. I'll also challenge, engage and point out your blindspots that are holding you back. You'll also have me as an accountability partner to hold you accountable along the way.
3. *What are some of the benefits?* The top four benefits are:
  - A fresh new motivation that will get you jumping out of bed in the morning
  - A means to allow you to boldly be your unstoppable self
  - Identifying and facing your core limiting beliefs that have been holding you back
  - An opportunity to learn what your values are and to practice being mindful

This 4 meeting, 90 day Optimal Motivation Leadership Program is priced at \$600. Let's make this year your most successful ever. Call me today to start playing a bigger game!