



PROGRAM OVERVIEW

With the Optimal Being® program you can expect to activate the very best of you, and do it on your own schedule with support. Along the way the lessons, your Program Guide, Optimal Being Mentor, and community of co-participants will reinforce you consistently living as the optimal you.

LOGISTICS

- Program length: Self-paced and 14-weeks recommended.
- Location: Online and via zoom for live sessions
- Estimated time investment: ~3 hrs per week (more details below)
- Course available beginning Sept 16, 2019 and registration ends October 16, 2019.



Happy again.

I feel like a new executive ... a new person.

More in touch with who I truly am!

My confidence is at its highest.

Every area of my life is improving dramatically.

The coaching sessions are profound!

I trust myself again.

I feel at my best after this program. I like myself ... and others.



TRAINING COMPONENTS AND ESTIMATED TIME INVESTMENT:

- **OPTIMAL BEING CORE ONLINE PROGRAM:** 9 Instructional Modules. ~3 hrs/week over 14 weeks
- **PERSONAL ASSESSMENT (PRE-POST):** To identify top 3 challenges and assess progress
- **INDIVIDUAL PROGRAM GUIDE:** Weekly contact (15-20 minutes each) with a certified Program Guide supporting your goals being met for the program.
- **GROUP SUPPORT:** Group session with Facilitators, Guides and Participants: 2X/month, 90 min per session (optional for participants)
- **OPTIMAL BEING MENTORING:** Individual 60 minute sessions.
- **EXPANDING THE OPTIMAL BEING:** Following completion of the 14-week segment of the program, we reinforce the integration of these tools into your life. This program consists of small group mentoring, twice monthly on zoom for 90-minutes. Two months are included for everyone enrolled and paid as agreed.



**My relationships
have improved!**

Clear vision
of my future.

**This program
is amazing ...
life changing!!!**

I'm so excited
to share this ...



CONTENT OUTLINE - OPTIMAL WEEKLY SCHEDULE

Week 1

Start - Welcome and, after completing your Personal Assessment, you will get oriented with the results, including your top 3 challenges. You will also experience an introduction to a foundational tool supporting rapid change. What is the Personal Assessment? You complete a 165-item questionnaire that objectively determines your 3 areas of greatest opportunity for optimal outcomes throughout the program. This is followed by a group interpretation session. This focus customizes your experience in the program as you begin the transformation where your top three challenges can become strengths.

Week 2

Module 1 - Remember your natural state of being. Reconnect with the core belief that influences every choice you make in every area of your life.

Week 3

Module 2 - Reveal habitual behavior patterns that cause all of your reactions. Learn listening skills that support you in responding with clarity and confidence.

Weeks 4 and 5

Module 3 - Recognize the limits of your perception & how your mind, as well as expectations, influence what you actually see. Use a powerful tool to reduce stress, alleviate upset & enhance vitality.

Weeks 6 and 7

Module 4 - Discover two powerful, naturally-occurring phenomena that influence all your behaviors. Experience how your Reality is constructed and how it distorts your perception of what's actually happening.

Week 8

Module 5 - *Learn to distinguish between being honest with & deceiving yourself. Recognize how this deception creates all internal conflicts!*

Weeks 9 and 10

Module 6 - *Learn how you attract, people, places and events into your life. Regain control of the programming in the part of your mind that operates automatically, without your conscious choice.*

Week 11 and 12

Module 7 - *Learn why the Personal Code is the foundation of all your behaviors & determines your reactions. It directly influences the quality of your life, including your Commitments.*

Module 8 - *Recognize key distinctions among thoughts, feelings & emotions & how to consistently align them with your Optimal Being/Love. When operating as your Optimal Being you always achieve Optimal outcomes.*

Also in Week 12 and 13

Module 9 - *Recognize the source of your stress. Discover how to alleviate unhealthy stress using the OPTIMAL Tool to maintain Alignment with your Optimal Being/Love!*

Week 14

Results - *During this week, you will complete your second Personal Assessment and receive the interpretation, and begin using the tools in new areas for your benefit. You are on your way to living consistently as your Optimal Being.*