



Optimal Being®

PROGRAM OVERVIEW

The Optimal Being Program will support you by activating the very best version of yourself. Along the way, the lessons, your Program Guide, Optimal Being Mentors, and community of co-participants will reinforce and support you consistently living as the optimal you.

LOGISTICS

- Total program length: 16 weeks recommended.
- Estimated weekly time investment: About 4 hrs per week (more details below)
- Location: Online including live sessions via Zoom



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.
- **PERSONAL ASSESSMENT (PRE-POST):** To identify top 3 challenges with the greatest opportunities for growth and to assess progress
- **PERSONAL ASSESSMENT (PRE-POST) REVIEW:** Live (via Zoom) group mentoring to interpret Personal Assessment results.
- **PROGRAM GUIDE:** Thirteen, 30 minute sessions with your Certified Program Guide to address questions regarding the course concepts and principles.
- **WEEKLY 90-MINUTE GROUP MENTORING SESSIONS:** Opportunity to clarify and practice implementing course concepts, principles and tools with the support of Certified Program Facilitators / Optimal Being Mentors.



**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

Weeks 1 & 2

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 3

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 4

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 5 & 6

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 7 & 8

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 9

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

Weeks 10 & 11

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.*

Weeks 12 & 13

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.*

Week 14 & 15

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 16

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.*