

# ***HIGH PERFORMANCE COACHING PROGRAM***

*TEN SESSIONS \$590 USUALLY \$2500 ONLY 10 PLACES AVAILABLE.*

The *High Performance Coaching Program* is a fast paced program aimed at getting you to where you want to be in the shortest possible time frame. We do this by helping you leverage your strengths and access your own inherent resources to help you reach your goal.

## **WHAT'S IN IT?**

The *High Performance Coaching Program* is designed around a rigorous framework which contains proven persuasion techniques, taps into your intrinsic motivation and leverages the way your mind creates meaning. It's a potent combination of logical reasoning, emotional triggers, visual associations, self awareness, awareness of others and quantification.

## **HOW DOES IT WORK**

- Before you start the *High Performance Coaching Program* you need to be clear on what you want to achieve. This is crucial as this program does not work on helping you find out what you want – you need to have decided that. We help you get to where you want to be.

For example, I need to: be more decisive, lose 10kg, find a new job, get a promotion, save for a holiday, communicate better with my staff, manage my time better, be more creative, etc.

- This is phone based coaching and can be conducted anytime 7 days a week and is by appointment.
- Each session will average 30 minutes.
- Your progress through the program is recorded in the *High Performance Coaching Program* work book which will be emailed to you at the start of the program.
- A coaching agreement is signed before the sessions start and this outlines payment terms, completion date and other conditions.
- There is written work to be completed. This is in addition to the actions you agree to undertake to get you to your goal.

If you have a goal in mind and need some focused attention to help you reach it, then take advantage of this special introductory offer. We look forward to working with you on this new and innovative program.

Contact Justin O'Brien and let's get started!

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