



CAL PROGRAM+SUPPORT GROUP OVERVIEW

PROGRAM:

EXECUTIVE LEADER

STOP STRESS

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CAL PROGRAM OVERVIEW

Support Group: Executive Leader – stop stress

PROGRAM: Executive Leader - STOP STRESS

PROGRAM SUMMARY

Stress is a symptom, not a course, Stress is serious to your health, Stress is pain you will obey

Executive Leader - STOP STRESS is a program designed to help you:

- Take control and get rid of tension, fear and nervousness
- Give you tools and awareness of what is right for you
- Leader and an achiever
- Start living the life you are meant to
- Be a strong version

OUTCOMES TO YOU

Control over your feelings and doings
Change how you feel and what you do

- Know what to do
- Know what to change
- Know the inner signs and act on them
- How you STOP yourself
- Doing even better

Take yourself to better outcomes
Change what you do.

- Know - why you want to do differently
- Know – what your first step is

Feel free and be who you are
Change to smile, balance and peace of mind – through

- Knowing why, what, how, and what happens if you do not listen to – voice within – you will feel stress

PROGRAM INCLUDES

- Onboarding Session
- 1-0-1 Coaching 45 min x 12
- Group Coaching x52
- Webinar – Weekly x52

- + Support Group to get answers
- + Day-by-Day support
- + Kick-start your life + Community
- + You're not alone, that's the whole point



12 Month Group Program

+ **Bonus - 12 Months MEMBERSHIP BY-INVITATION-ONLY**

+ **12 SESSIONS 1-0-1**

+ **Weekly Session Group ZOOM**

+ **Quarterly 1-0-1 GOAL SETTING**

+ **Monthly Immersion**

+ **Accountability**

+ **Tracking System**

+ **Support Group to ask and get answers**

www.coachingandlife.com SUPPORT GROUP must attend 42 of 52 times

+ Group Zoom weekly – must attend 45 of the 52 times

Guarantee:

30 Days no change full refund, but most prove you have done the work by joining the support groups where I am, completing the daily assignments, attending weekly Zoom sessions, submitting homework weekly.

Price \$12,000 + bonuses BY-INVITATION ONLY MEMBER and join other support groups and unlimited access to members.

Lifetime change – we all need support to achieve our goals, we all need guidance to keep our good attitude.

We all need a friend, and you are not alone, that's the whole point. Members team up.

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