

Program Modules

Creating The Mindset for Success 1

- Send out an S.O.S.
- Be proactive vs. reactive
- Create a vision
- Be results-driven; write down your goals
- Stand on what you stand for
- Set up a reward system for yourself
- Accept what life gives you

Creating the Mindset for Success 2

- Accept 100% responsibility
- Take the ownership role, the franchise mentality
- Create a long-term view vs. a short-term fix
- Control your internal self-talk
- Know what internal buttons to push
- Have a positive mental attitude
- Be a reflective thinker

Mindset All--Mindset 1 & 2 combined

Self-Development

- Know your strengths and weaknesses
- Be honest with yourself, no matter how painful
- Have the ability to recognize the need for change
- Reflect after every significant event
- Be healthy
- Be ruthless about managing your time
- Align your daily duties with your goals
- Believe what gets measured gets done

Relationships

- Build trust and respect, not popularity
- Make each relationship count
- Build strong, long-term partnerships
- Understand the value of I.R.S.
- Understand the value and power of correct follow-up
- Build momentum

Productivity & Efficiency

- Be flexible
- Go through crisis anticipation regularly
- Adjustments are the tools for success
- Learn to manage through chaos
- Imagination eliminates limitations
- Go back to the basics
- Be an expert on productivity plateaus
- Look for opportunity in everything you do

Decision-Making

- Don't choke, just go!
- Be solution-driven vs. problem-consumed
- Take a chance; it will be noticed
- Make rapid adjustments without losing balance
- Take time off for revitalization
- Be an excellent decision maker
- Look for the best and worst scenario to determine reality

Communications

- Be an excellent communicator
- Communication must be based on a foundation of confluency
- Promote fun
- Tell people why things must be done
- Listen to vs. against
- Listen with your eyes
- Be happy today

Other Lessons

- SAMPLE: Find a mentor
- MODULE REFLECTION: Be thirsty for knowledge

How It Works

- Messages delivered directly to participant's email inbox on a pre-determined schedule
- First message contains the lesson, definition, action assignment and reflection activity
- Second message contains more information on the lesson and encouragement from coach
- Participants are asked to spend 15 minutes per week practicing the lesson
- Sponsor can select pre-set modules or create customized modules with any group of messages
- Messages can start on any date with pre-set or custom numbers of days between delivery

With an e-coaching course you get...

- s Low cost coaching with high impact results for yourself and/or your team
- s A planned and scheduled means of building skills with the "time shift" and geographic flexibility of email
- s Weekly lessons, definitions, activities and encouragement to keep you motivated
- s Personal support and answers from an e-coach for the term of the module(s)



"We are all responsible for creating our own experience. What do you want to create?"

Wendy L. Jameson, MA

Wendy has diverse experience in marketing, entrepreneurship, IT project design and development, and marriage, family and child counseling. She's the founder of an award-winning leadership training program, and she's helped launch ten companies. As the founder and president of Potentiate, Wendy spends her time coaching, writing, speaking and training individuals and teams. An Atkins Diet devotee, she's the author of *The Low Carb Survival Guide*. Wendy's been married for 15 years and she has two remarkable boys.