

## **Create A Personalized Curriculum From Over 40 Physical, Mental, Emotional, And Spiritual Focus Areas**

There are over 40 courses you can select from to create a customized program based on your needs. These courses bring together knowledge, experiences, skills, tools, and techniques I have acquired over a lifetime of working with myself and with others. We can work together to build a roadmap for our sessions or you may do so on your own.

### **Learn The Anatomy Of Your Conscious And Subconscious Mind**

Mindset is a combination of how you think and feel about your internal and external world. These factors influence self-talk, which gives instruction to the mind. This process results in habits, behaviors, and beliefs that can open new possibilities or enforce limitations. I teach you how to understand and actively engage with the inner systems, patterns, and relationships that give rise to mindset.

### **Leverage Your External Environment To Create Internal Change**

Traditionally, a person's physical (external) environment is viewed as a reflection of their mental (internal) environment. While this is a valid understanding, there are ways to leverage your external environment to trigger change within. During coaching sessions I teach the principles I used to develop this technique and how to apply it to your own life.

### **Discover The Hidden Factors That Shape Lifestyle And Behavior**

Aspects of the mind such as memory and imagination play a vital role in the way a person experiences their life and relates to people in it. When these faculties of the mind are developed unconsciously and fueled by negative emotions like guilt, shame, or fear it creates instability in the ego. Instead of feeling trapped by these aspects of your mind, I teach how to master them as tools for transformation and growth.

### **Mindset Training Teaches You To Control Your Thoughts and Emotions**

This three-session, foundational training program covers:

1. The parts of your conscious and subconscious mind and how they work together
2. How to use the feedback loop between Self-Talk, Mindset, Lifestyle, and Environment
3. Recognizing the way memory and imagination are influencing you and refining it. It can be taken alone or as a foundation of additional courses.

"You are only capable of giving or creating from the level at which you are existing."