

Activate Your High Potential Journey

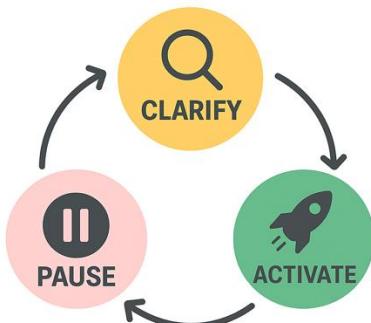


Quiet the Inner Critic. Reclaim Your Energy. Activate Your Potential!

You've achieved success — yet something still feels out of sync. You constantly feel like you need a vacation from your life or work. You're balancing it all, but the inner critic won't quiet down. That voice of imposter shows up right when you're ready to step forward. You know you have more potential — but clarity, confidence, and direction feel out of reach.

You're not alone — this is exactly where transformation begins!

3-Step Transformation Process



What is covered across 12-weeks in 6 sessions:

Session 1 | Clarify Your Roles

Discover all the roles you play and define success

Session 2 | Ground in Your Values

Identify what truly matters and get clear on what that means

Session 3 | Open Your Mindset

Understand your mindset and dig into quieting the inner critic

Session 4 | Build Emotional Intelligence

Understand yourself and lead with greater awareness

Session 5 | Draft Your Personal Why

Define your purpose and what drives you forward

Session 6 | Activate Your Goals

Turn clarity into action with a concrete plan

Built from Proven Success

Created from coaching high-achieving professionals who were:

- ✓ Wrestling with imposter syndrome and self-doubt
- ✓ Struggling to balance roles and responsibilities
- ✓ Craving clarity, confidence, and direction

This is your permission to pause without guilt in a safe, judgement-free space

You'll Walk Away With

- ✓ Confidence to quiet the inner critic and trust your strengths
- ✓ Tools to prioritize what truly matters
- ✓ Clarity on your direction and the steps to get there
- ✓ A renewed sense of purpose and energy
- ✓ Connection with others on a similar path



DURATION

12 Weeks
6 Live Sessions



SCHEDULE

Tuesdays
5-7pm CST



GROUP SIZE

Maximum
12 Participants



INVESTMENT

\$600
Virtual via Zoom

Reserve your spot today. Limited to 15 participants.

Questions or Ready to start? Email: CDAConsulting@yahoo.com

Keep the Momentum Going

Optional Monthly Private Coaching: \$200/month

- Two 45-minute session per month | Laser-focused Support | Continued Accountability
- Available during or after the 12-weeks | 3-month minimum commitment

Sessions:

- 1/20/26 | Clarify Roles
- 2/3/26 | Ground in Values
- 2/17/26 | Open Mindset
- 3/3/26 | Build EQ
- 3/17/26 | Draft Your Why
- 3/31/26 | Activate Goals

Because action isn't a moment - IT'S A JOURNEY!

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Session Details

All sessions 5-7pm CST



Session 1: Clarify Your Roles | January 20

Most of us wear many hats — leader, partner, parent, friend, professional. But when was the last time you paused to see how these roles are serving you (or draining you)? You can't activate your potential if you don't know who you're being across all areas of your life. This session creates the foundation for everything that follows.

You'll Walk Away With:

- A clear picture of all the roles you play in your life
- Awareness of where roles might be out of balance
- What success looks like for the roles that are most important to you
- One specific action to strengthen a role that matters most

Session 2: Ground in Your Values | February 3

Your values are your compass — but most people have never actually identified them or spent time defining them. When you're clear on what matters most, decision-making becomes easier and life feels more aligned. When you know your values, you stop living on autopilot. You make choices that feel right — not just expected. This is where clarity begins.

You'll Walk Away With:

- Your top 5-7 core values clearly identified and defined
- Understanding of why these values matter to you
- Awareness of where you're living in (or out of) alignment with your values
- A plan to infuse your values more intentionally into your daily life

Session 3: Open Your Mindset | February 17

That voice in your head that says "you're not ready" or "who do you think you are?" — that's your inner critic. And it's louder for high-achievers. We'll learn to recognize it, understand it, and quiet it. You can't step into your potential while your inner critic is running the show. This session gives you the keys to take control of your mindset.

You'll Walk Away With:

- Tools to recognize when your inner critic is speaking
- Understanding of what triggers your self-doubt
- A new relationship with your inner critic (it's trying to protect you, just not very well)
- Practices to shift from critical to confident thinking

Session 4: Build Emotional Intelligence | March 3

Emotional intelligence is the difference between good leaders and great ones. We'll explore the four capacities of emotional intelligence: Awareness, Regulation, Connection & Activation. Leadership isn't just about competence — it's about connection. When you understand yourself emotionally, you lead with greater impact and authenticity.

You'll Walk Away With:

- A deeper understanding of your emotional patterns
- Awareness of how you show up on your best days vs. your worst days
- A Personal User Guide you can share with others
- Strategies to manage your capacities and navigate relationships more effectively

Session 5: Draft Your Personal Why | March 17

Beyond your job title, beyond your roles — what's your purpose? What impact do you want to make? Your "why" is the thread that connects everything you've discovered so far. When you know your "why," the "how" becomes clearer. Purpose gives you direction, energy, and resilience when things get hard. It can be your north star and provide guardrails.

You'll Walk Away With:

- A draft of your personal purpose statement
- Clarity on the impact you want to make in the world
- Understanding of how your values, roles, and strengths connect to your purpose
- Confidence in what you're here to do
- A plan to activate your purpose

Session 6: Activate Your Goals | March 31

Clarity without action is just dreaming. In this final session, we turn everything you've learned into concrete, achievable goals that align with who you are and what you want. This is where transformation becomes real. You'll leave with a roadmap — not just insights, but a plan you can actually execute.

You'll Walk Away With:

- A vision of what success looks like for you
- 3-5 clear goals for the next 6-12 months
- Specific action steps and deadlines for each goal
- Accountability to keep momentum going
- Connection for continued support