

Activate Your High Potential Journey

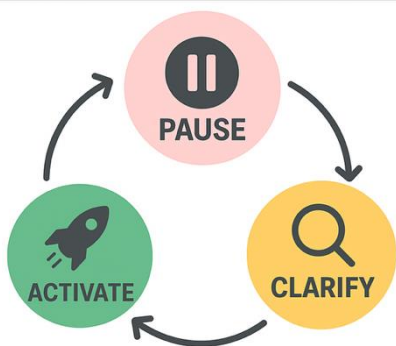


Quiet the Inner Critic. Reclaim Your Energy. Activate Your Potential. Build Your Legacy.

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 6-weeks in 3 sessions:

Session 1 | Clarify Your Roles & Ground in Your Values

Define the roles you play and what truly matters

Session 2 | Open Your Mindset

Dig into quieting the inner critic

Session 3 | Build Emotional Intelligence

Understand yourself and lead with greater awareness

Session 3 | Draft Your Personal Why & Activate Your Goals

Define your purpose and create a path that drives you forward

Built from Proven Success

Created from coaching high-achieving professionals who've said:

- ✓ Found my inner voice & set clear boundaries
- ✓ Gained confidence to take chances elsewhere
- ✓ Stopped spinning & step into my legacy

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

8 Weeks
4 Live Zoom Sessions



SCHEDULE

Tuesdays
5-7pm CST



GROUP SIZE

Maximum
15 Participants



INVESTMENT

\$597
8 weeks
4 live sessions

Sessions:

8/25/26 | Ground in Values
9/8/26 | Open Mindset
9/22/26 | Build EQ
10/6/26 | Draft Your Why

I'm Ready to Focus on ME – 1:1 Coaching Package - \$1,600

- 4 Sessions
- 60-minute each
- Laser-focused
- Tailored Support
- Continued Accountability

Bundle for the Most Complete Experience for Activation – \$1,897

- Activate Your High Potential Journey package
- 1:1 coaching package

Reserve your spot today: CDAConsulting@yahoo.com

Because action isn't a moment – it's a journey!

Activate Your High Potential Journey

Session Details

All sessions 5-7pm CST



CHER ANDERSON CONSULTING, LLC

Session 1: Ground in Your Values

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:

- A picture of all the roles you play in your life
- Awareness of where roles might be out of balance
- Your top 5-7 core values clearly identified and defined
- One specific action to strengthen a role that matters most & a plan to infuse your values more intentionally into your daily life

Session 2: Open Your Mindset

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:

- Understanding of what triggers your self-doubt
- Practices to shift from critical to confident thinking
- Actions to take to help name & tame your inner critic

Session 3: Build Emotional Intelligence

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 4: Draft Your Personal Why & Activate Your Goals

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.

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 draft of your personal purpose statement
- Confidence in what you’re here to do
- Specific action steps to move toward activating your high potential

Activate Your High Potential Journey - \$597

- 8 Weeks
- 4 Live Sessions
- Group setting
- Quiet the Inner Critic
- Reclaim Your Energy
- Activate Your Potential

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- 4 Sessions
- 60-minute each
- 1:1 private coaching
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- 1:1 coaching package