



# The 180 Effect

PROCESS - CYCLE - MINDSET



## True Inspiration

Zero BS, fluff, or theories!  
Nothing but helping your  
people become more; not  
just do more.



## Light Bulb Moments

Powerful perspective  
shifting moments to  
promote optimal speed of  
implementation.



## Practical Action Steps

Simple steps to provide  
ultimate clarity to generate  
guaranteed results within  
your business.

## Top Performers Always Choose Growth!

There's no Performance Coach in the industry that's more equipped or that takes helping you turn over a new leaf or level up this seriously. Give me a chance to help you grow!

[info@growthaddictsarmy.com](mailto:info@growthaddictsarmy.com)

[www.growthaddictsarmy.com](http://www.growthaddictsarmy.com)

(251)289-0383



# LET'S INITIATE THE GROWTH!

**Your performance is my business.**

## SERVICES:

Mental Performance Training  
Peak Performance Training  
High Performance Training  
Q&A and AMA  
Book Signing  
Workshop  
Bootcamp  
Speaking Engagement  
Biz Dev Turnaround  
Docuseries Viewing & Breakdown  
Corporate Wellness  
Sports/Performance Nutrition  
You can mix and match services  
to cater to your needs.

For consultation and scheduling please call (251)289-0383 or

you can also email me at [info@growthaddictsarmy.com](mailto:info@growthaddictsarmy.com)