



ATLAS ALIGNMENT PROGRAM



WHAT MY COURSE ENTAILS IS CONTENT, KNOWLEDGE, AND TRAINING THAT.....

I HAVE GATHERED THROUGHOUT YEARS OF EXPERIENCE, PSYCHOANALYZING MYSELF, MY ACTIONS, PEOPLE'S BEHAVIORS, AND STUDYING A WIDE VARIETY OF PHILOSOPHERS, PSYCHOLOGISTS, SELF DEVELOPMENT BOOKS, AND LIFE EVENTS THAT HAVE HELPED SHAPE WHAT I CAN BRING FORTH TO OTHERS TODAY, SO THAT THEY IN TURN, CAN DEVELOP STRONG INTERPERSONAL SKILLS, BECOME MORE WELL ROUNDED, HIGHLY CONFIDENT, AND OVERALL BETTER UNDERSTANDING INDIVIDUALS WITH A HIGHER LEVEL OF EMOTIONAL INTELLIGENCE. THIS IN TURN, WILL ALLOW THEM TO OPEN UP A PLETHORA OF DOORS TO THEIR OWN SUCCESS AND CREATE THEIR OWN OPPORTUNITIES IN THEIR PERSONAL, WORK, AND LOVE LIFE.



PROGRAM DETAILS

8 WEEK PROGRAM

Initial Assessment: In order to know what direction and steps to take we first need to understand your current situation. As humans, we are complex individuals and a cookie cutter approach will not allow us to find maximum growth. We will therefore, need to take a deep dive into your mind, your past experiences that shaped you, your thought patterns, your goals, your fears, and your desires in order to construct your own mind map.

1 on 1 - coaching and guidance :

Each week we will sit down twice a week for an hour each.

In one session we will chat about current situations, actions, and events. Then deep dive into our thought process and patterns, how we can learn from each scenario, and how we can grow and approach the scenarios and thought patterns in a healthy way.

We will also meet for another hour each week and cover important educational material that I have collected and condensed in an easy to follow approach derived from some of the most influential and greatest thinkers from modern and ancient times making each lesson comprehensible and applicable to you and what you specifically have going on.



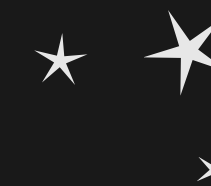


1 on 1 Coaching (continued)

We will divide each of the sessions to have one at the beginning and one at the end of each week. The first session will cover the educational content. Then we will go over homework for the week and make sure we implement and practice what we learned in real life scenarios throughout the week.

- ★ Then at the end of the week (on our 1 on 1 coaching call) we will cover how
- ★ everything played out, discuss your situation, talk about your progress/goals, and facilitate the continuation of your personal development.



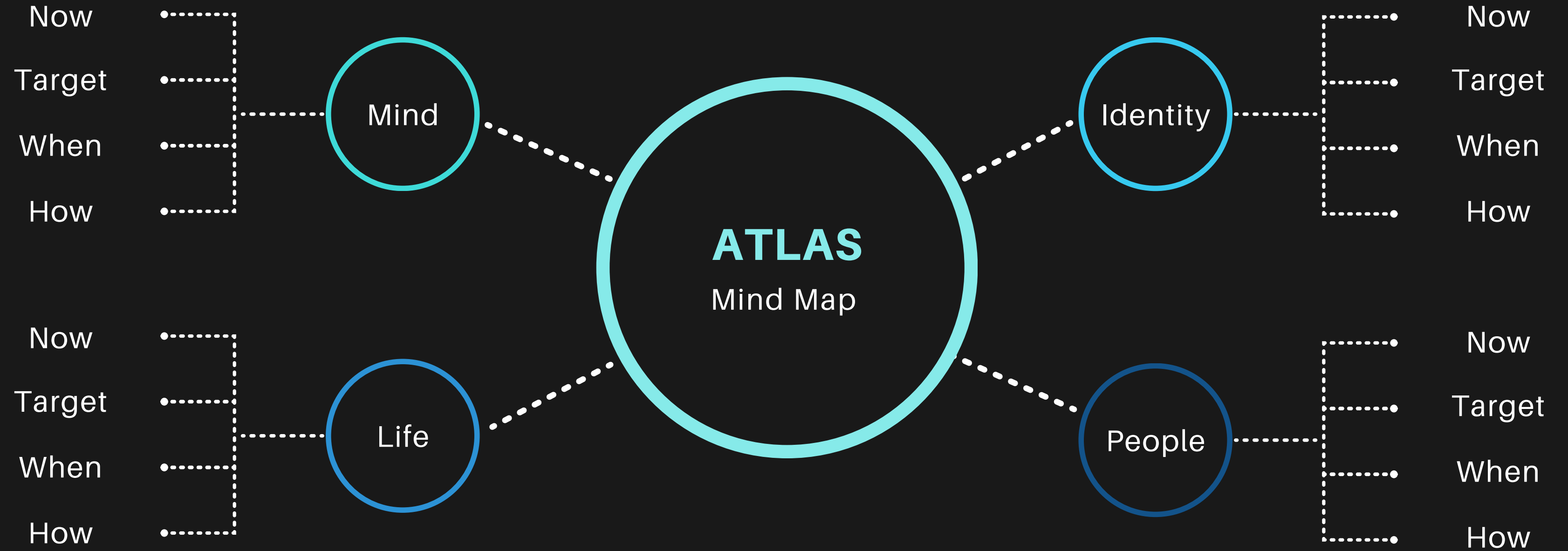


METHODOLOGY AND OUTLINE

Four Relationships: Mind, Identity, Life, and People

Emotional Intelligence: Improving all 5 skill sets

THIS WILL ACT AS OUR GUIDE THAT WILL ENSURE WE STAY ON TRACK
AND KEEP IMPROVING EACH AND EVERY DAY.





LIFE

HOW DO YOU SEE LIFE? HOW DO YOU VIEW THE WORLD? HOW DO YOU SEE IT NOW?

AS ENJOYABLE? AS UNFAIR? AS AN ABUNDANCE OF OPPORTUNITIES? HOW DO YOU WANT TO SEE IT?

OUR PERCEPTION OF LIFE, THE MEANING IT HOLDS FOR US, AND THE ROLE WE SEE OURSELF PLAYING IN IT, HOLDS A VAST AMOUNT OF IMPORTANCE IN OUR THOUGHT PATTERNS AND OUR MIND.

THEREFORE IT IS IMPORTANT THAT WE TAKE STEPS TO SHAPE WHAT OUR PERCEPTION OF LIFE IS AND MOLD A POWERFUL FOUNDATION IN OUR MIND FOR US TO BUILD UPON.






MIND

HOW DOES YOUR MIND OPERATE? DO YOU FEEL GUILTY, DEPRESSED, UNCERTAIN, ANXIOUS, AND HAVE THOUGHTS OF SELF DOUBT AT TIMES?

HOW DO YOU WANT YOUR MIND TO OPERATE? TO YOUR BENEFIT? AS A GUIDING LIGHT FOR HAPPINESS, POSITIVITY, AND MEANINGFUL IDEAS?

UNDERSTANDING HOW THE MIND OPERATES WILL THEN HELP US UNDERSTAND OUR OWN THOUGHT PATTERNS AND CREATE POWERFUL MECHANISMS AND HABITS THAT WILL WORK IN OUR FAVOR AND AVOID DEEPER PATHWAYS TO DARKNESS.





IDENTITY

WHAT IS YOUR IDENTITY? WHO ARE YOU?

WHO DO YOU WANT TO BE? RESPECTED? LOOKED UP
TO? A LEADER? A SOURCE OF INSPIRATION TO OTHERS?

A SOURCE OF CREATIVITY? A VALUABLE INDIVIDUAL
WHO PROVIDES VALUE AND IS ADMIRER BY OTHERS?

OUR SELF AWARENESS AND MOTIVATION DRIVE OUR
IDENTITY. IN THIS COURSE WE WILL FOCUS ON YOUR

IDENTITY AND UNDERSTAND THE IMPORTANCE OF

IDENTITY SHIFTS AND HOW WE CAN UTILIZE IMPORTANT
HABITS TO STRENGTHEN OUR CHARACTER.





PEOPLE

HOW DO YOU SEE OTHER PEOPLE? HOW WELL DO YOU TRULY KNOW THEM AND THEIR INTENTIONS? HOW DO YOU CURRENTLY INTERACT WITH THEM? ARE THERE TIMES WHERE YOU FEEL BETRAYED OR FEEL THAT YOU CAN NOT READ OR UNDERSTAND OTHERS AS MUCH AS YOU'D LIKE TO BE ABLE TO? DO YOU WANT MORE MEANINGFUL FRIENDSHIPS AND RELATIONSHIPS? HOW DO YOU WANT YOUR RELATIONSHIPS TO BE AND FEEL? GENUINE?

THROUGH UNDERSTANDING THE MIND, LIFE, AND OURSELVES WE CAN THEN BETTER UNDERSTAND OTHERS AND IMPROVE OUR SOCIAL SKILLS. WHICH IN TURN WILL OPEN A PLETHORA OF OPPORTUNITIES IN OUR SOCIAL, WORK, AND LOVE LIFE.



ALL FOUR OF THESE RELATIONSHIPS WILL BE COVERED IN DETAIL DURING THE PROGRAM AND BE ADRESSED ACCORDING TO YOUR SPECIFIC RELATIONSHIP TO EACH. ONCE WE UNDERSTAND EACH OF YOUR UNIQUE RELATIONSHIPS, WE CAN THEN BUILD AND STRENGTHEN YOUR EMOTIONAL INTELLIGENCE WITH A CALCULATED APPROACH. EMOTIONAL INTELLIGENCE ENCOMPASSES 5 IMPORTANT SKILLS THAT WE WILL CONTINUALLY WORK TO STRENGTHEN AND DEVELOP THROUGHOUT THE ENTIRETY OF THE PROGRAM ON EACH SESSION.



**ATLAS ALIGNMENT
EMOTIONAL
INTELLIGENCE**

Self Awareness

Self Regulation

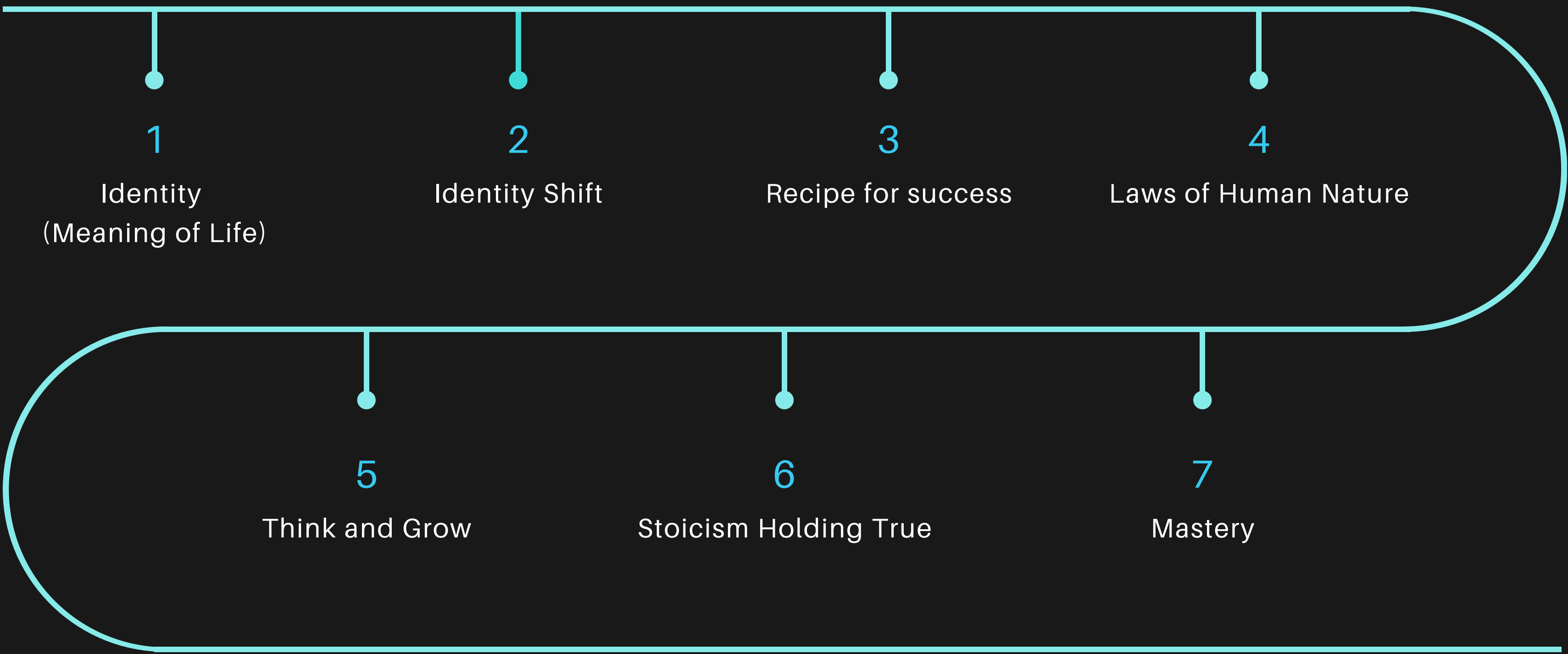
Motivation

Empathy

Social Skills

Atlas Mind Map

Weekly Sessions



THIS IS MORE THAN JUST A SIMPLE 1 ON 1 COACHING PROGRAM, THIS IS A MASTER CLASS THAT IS SPECIFICALLY TAILORED TO EACH INDIVIDUAL AND THE EXPONENTIAL GROWTH THAT THEIR FUTURE HAS IN STORE FOR THEM. THIS IS NOT A SIMPLE SIT DOWN AND VENT TO A PSYCHOLOGIST TYPE ORDEAL. THE SKILLS AND EDUCATION THAT I CONVEY, WILL BE ABLE TO GROW WITH YOU FOR THE REST OF YOUR LIFE. THIS PROGRAM IS A CONDENSED GUIDE THAT TOOK ME OVER 15 YEARS OF RESEARCH, EXPERIENCE, AND EDUCATION TO BRING FORTH TO YOU. SINCE I DID NOT HAVE A PROPER MENTOR GROWING UP, I LEARNED THE HARD WAY THROUGH MISTAKES, BREAK UPS, SUSPENSIONS, MAJOR DEPRESSION, YOU NAME IT. THAT IS WHY I AM SO PASSIONATE ABOUT THIS AND WHY I HAVE MADE IT A PRIORITY TO SHARE THIS KNOWLEDGE WITH YOU AND ULTIMATELY ENHANCE YOUR EXPERIENCE WITH LIFE ITSELF.

