

The Wholeness Skill Series

Experience the freedom, peace and joy of a life of wholeness as well as be equipped to guide your students towards confidence and success in relationships, academics, and personal goals. Your success will overflow into all arenas of your life!

Choose any of these compelling Skills:

Managing Overwhelm

Decision Making

Overcoming Inaction

Managing Critics

Clarifying Dreams & Goals

Diffusing Drama

Managing Fear

Going Against the Norm

Collaborating with Different Personalities

Negotiating with Grit & Grace

#1

Awareness

#2

Assessment

#3

A Vision

#4

Action

#5

Accountability

If you or your students ever experience:

Self doubt, fear, stress and/or anxiety, lack of clarity or motivation, or you need help overcoming roadblocks...

The Skill School will equip you with:

the mindset and skills you need to live a peaceful, beautiful life of generous contribution—living and giving from a place of abundance (not depletion or exhaustion)! The practical lessons and strategic guidance from Jenny will strengthen your ability to:

- ★ Manage your mind
- ★ Grow in confidence
- ★ Know your worth & elevate your self-image
- ★ Hold yourself & others accountable
- ★ Cultivate fulfilling connections in all roles: family member, friend, etc.
- ★ Share these invaluable lessons with students



THE WHOLENESS SCHOOL

Mindset & Skill Training
for Women & Men
to live joyfully & generously

Tremendous Value for Teachers & Staff:



On-Line and self-paced access to the practical and **compelling video lesson(s)** of your choice



Self-Work packet with exercises, scripts, and step-by-step formulas to help you take immediate & consistent action



Two 1-on-1 private coaching sessions with Jenny

Krumdrick to help you overcome your roadblocks and apply what you learn



Up to two, ninety minute **Mastermind Group sessions** with growth-minded colleagues

Connect with

Jenny Krumdrick
Self-Worth Strategist

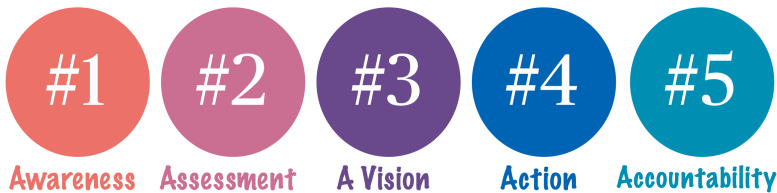


815-514-0051
ContagiousLight.org

Skill School Series:

Managing Overwhelm

Overwhelm is the overpowering feeling of helplessness that we experience when we are faced with moments or seasons of high demand.



Understand the Culprits of Overwhelm:

Irrational Demands
Conditional Self Worth
Untrained Mind
Underdeveloped Skillset

Learn the Step by Step Skills to Manage Overwhelm in:

Moments of High Demand
Seasons of High Demand
Habitual Compounding Demand

Find Strategic Solutions to Help You:

Recalibrate Your Thoughts
Clarify Your Priorities
Reset Expectations & Create Boundaries
Prioritize Solutions
Move to Action



What You'll Get:



On-Line and self-paced access to the 90 minute video lesson on Managing Overwhelm



38 page Self-Work packet with exercises, scripts, and a step-by-step formula to help you overcome your roadblocks



Two, thirty minute 1-on-1 private coaching sessions with Jenny Krumdrick

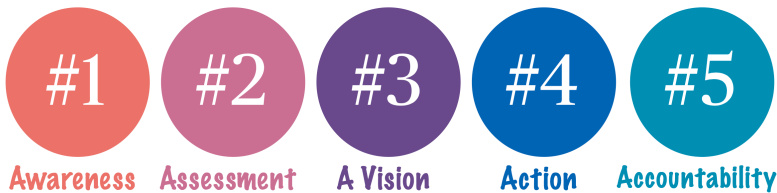


Up to two, ninety minute Mastermind Group sessions with other growth-minded new friends



Skill School Series: **Overcoming Inaction**

Inaction occurs when we are stuck in a mindset of waiting for life to happen. We avoid our responsibility to take our next best step.



Understand the Cost of Inaction:

Resentment
Regret
Wasted Energy & Time
No Peace of Mind
Missed opportunity

Learn the Step by Step Skills to Take Strategic Action for:

Low Impact Decisions
High Impact Decisions
Pivotal Decisions

Find Solutions to the Roadblocks That Perpetuate Inaction:

Lack of Clarity
Incompetence
Fear of Failure or Change
Perfection Paralysis
Self Image



What You'll Get:



On-Line access for 8 months to the 90 minute video lesson on Overcoming Inaction



40 page Self-Work packet with exercises, scripts, and a step-by-step formula to help you overcome your roadblocks



Two, thirty minute 1-on-1 private coaching sessions with Jenny Krumdrick



Up to two, ninety minute Mastermind Group sessions with other growth-minded students

