



14-Day “Cool-the-Crisis” Coaching Intensive



A One-on-One Rapid Relief Coaching Project for People Who Cannot Wait
One More Minute to Feel Better and Get Back to Loving Their Lives

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What is a Coaching Intensive?

A **Coaching Intensive** is a one-on-one coaching project that provides you with incredible value and enormous results in a short period of time.

Because...

Who wants to be miserable one more second than necessary?



Do You Recognize Yourself...?

- ✓ Has your world been turned upside-down by change or loss?
- ✓ Are your days spent churning your mind over all the things that have happened...or might happen?
- ✓ Are you lying awake at night with fear and anxiety about the future?
- ✓ Are you desperate for peace and relief?

Are you in Survival mode?

Not feeling yourself these days?

Is your life making you crazy?

Feel like you have lost the thread of what you are all about?

Afraid you are going to bite someone's head off if you can't find relief?

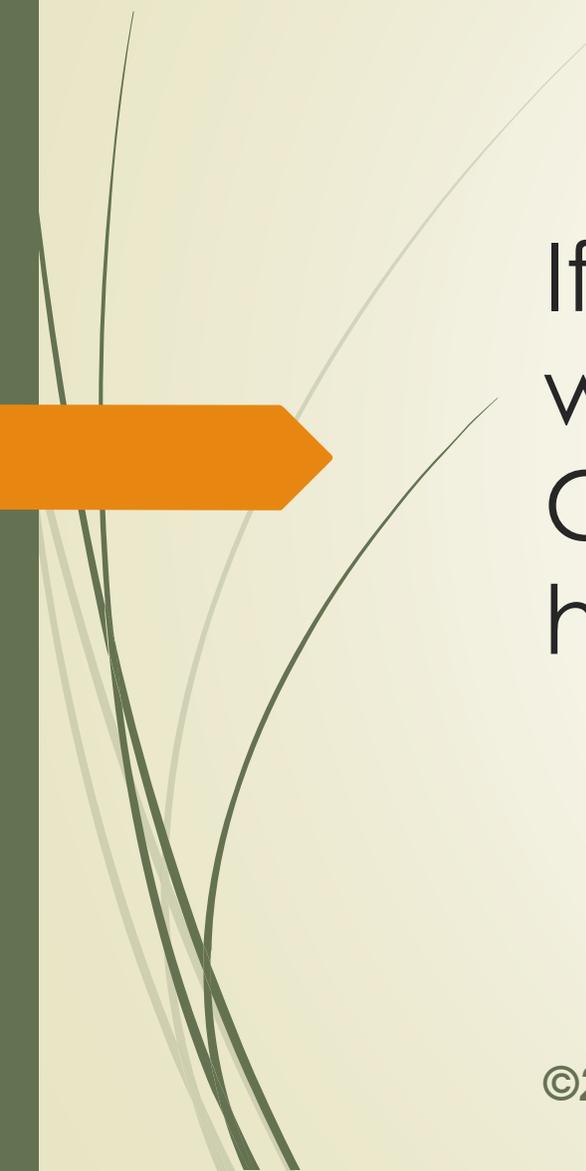
Even had a temper tantrum...or 2...?

Are you trying to remember a time when your head was clear and you were feeling in control of your life?





What would it feel like to wake up tomorrow and know you have the daily help and guidance of a supportive and motivational coach who believes that no matter how crazy your life feels right now...where you are is exactly the right place to create your remarkable life and future?



If this is who you are and what you want...the 14-Day “Cool the Crisis” Coaching Intensive could be what you have been dreaming about.



In 14-days working with me in the
“Cool the Crisis” Coaching Intensive
you will:

Benefits: What You Will Discover

- ✓ Have the **daily support and guidance** of an experienced, motivational coach who understands how you feel and knows how to help you RAPIDLY find the peace and relief you long for.
- ✓ Use self-awareness **strategies and meditations** to get control over your “run-away” thoughts and fears.
- ✓ Learn to use “**Cool the Crisis**” tools and strategies that will help you **feel more in control of your life** and get immediate relief from that nagging feeling that something bad is about to happen and there is nothing you can do to stop it.
- ✓ Use specially-designed **Crisis-Busting meditations** to help you find your center and create a sense of easy-to-access peace.
- ✓ Learn strategies (like the “Mingle”) **to control the damaging and self-defeating** messages from your “**negative ego**” and those other “**voices in your head.**”





Benefits: How You Will Feel

- ✓ Experience **more energy and confidence** as you engage in “**experiments**” we design to explore possible solutions to the problem or behaviors creating so much anxiety for you.
- ✓ Enjoy an **improved mood and disposition** and become **more optimistic and hopeful** as you experience **rapid relief** as a result of the work we are doing together.



This guaranteed results, super-supportive, value-packed 14-Day “**Cool the Crisis**” **Coaching Intensive** includes wrap-around one-on-one coaching support:

- ✓ Daily (or as needed) “**Cool the Crisis**” coaching sessions (30-90 minutes each) for the 14-day period to work through the tough spots and learn new strategies for dealing with your situation.
- ✓ Unlimited 10-minute **Rapid Relief** strategy sessions (for the 14 days) for right-now help when you need a confidence boost or have something you want to deal with on the spot.
- ✓ One half-day (3 hrs) personal **virtual retreat** (Zoom):
 - ✓ Get Relief! **Opening Discovery Session** to set the stage so you can achieve relief and success in the fastest and most effective way possible and start feeling more peace and more in control of your life right away.



AND...there's even more support...



As my client in the 14-Day “Cool the Crisis” Coaching Intensive, you will also have access to...

- ✓ “**Cool the Crisis**” Workbook with **Journal** to lock in the learning from each coaching session and “experiment”
- ✓ Recorded “**Cool the Crisis**” meditations you can download and use to support your work
- ✓ Unlimited **Rapid Relief** email and text support for times you want share a victory or feel your confidence waning



Keep your amazing success and rapid relief going with these BONUS offers:

- ✓ **BONUS:** Free ticket to your choice of my retreats at beach-side in North Carolina
 - ✓ **Spring (May 2018) “Deep Dive” retreat** (optional)
 - or
 - ✓ **Fall (November 2018) “Deep Dive” retreat** (optional)
- ✓ **BONUS:** Free access to the **Happy-No-Matter What: Six Steps to Creating More of What You Want in Your Life** (self-study course)

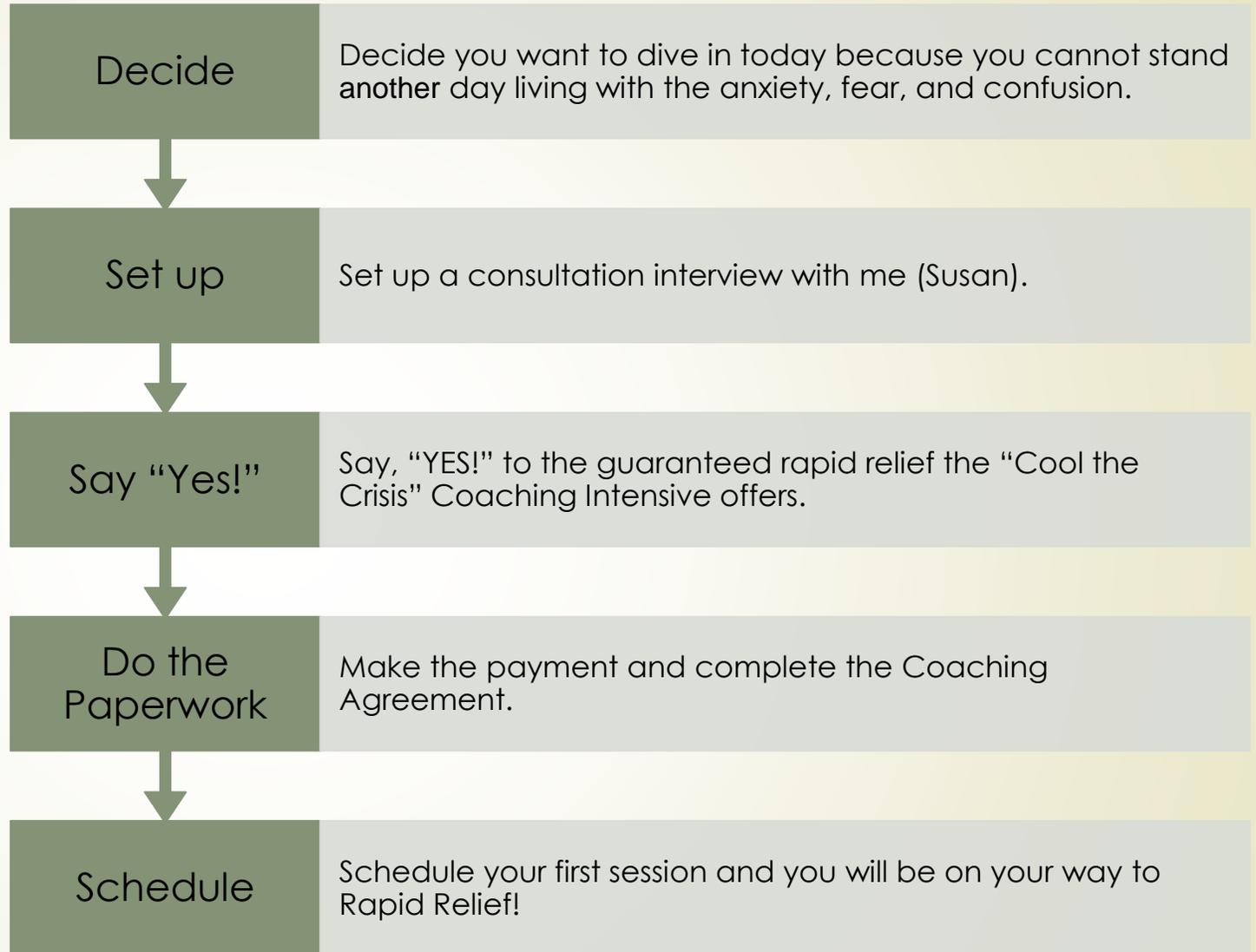
- ✓ The investment is one payment of \$1,997.
- ✓ I take a maximum of 3 “Cool the Crisis” clients per month.
- ✓ New clients begin in the first or second week of the month.
- ✓ A waiting list is available.
- ✓ Scholarships (need-based and sliding scale) are available.

More details...





Know You Are Ready?



Is This Your Opportunity Knocking?

The best way for you to know if this coaching intensive is perfect for you is to connect with me for a free consultation.

Contact me, Susan Westbrook, at susan@mastertheleap.com to make an appointment.

We will discuss your situation, clarify your goals, and determine if you are a match for the **“14-Day Cool the Crisis Coaching Intensive.”**

Peace and blessings,

Susan

