




Rapid Resolutions Coaching Intensive:

Rapidly Make Your Life-Changing Decision and Get Moving in 6 Weeks or Less



What if you could make your life-changing decision and learn valuable skills in 6 weeks?

Guaranteed!

The Problem


Are you feeling the pinch of a need for a change?
Irritable? Afraid of what might be coming next?

Are you procrastinating? Is there a decision that you
need to make? One that could relieve you of the
stress, anxiety, and all those voices in your head?

Are you thinking you needed to make this
decision...yesterday? That once a week coaching or
therapy is going to take way too long to get you the
right-now-results you are looking for?

Help is here! Why wait?





How will 6 weeks working with me in
the Rapid Resolutions Coaching
Intensive benefit you?



The Benefits: You Will....


- ✓ Have the **daily support and guidance** of an experienced, motivational coach who understands how difficult it is to make life-changing decisions...and how important it is to make those decisions as quickly and consciously as possible.
- ✓ Learn to use the “**Rapid Resolutions**” **decisioning-making tools** to confidently make a well-informed, conscious decision that perfectly fits who you are and where you want your life to go.
- ✓ Use **specially-designed meditations** and activities to increase your awareness of yourself and what makes you “tick.”
- ✓ Learn strategies (like the “Mingle”) to **control the damaging** and self-defeating messages from your “**negative ego.**”

Benefits: How You Will Feel

- ✓ Experience more energy and confidence as you engage in “experiments” to practice making small decisions and choices based on your deepest desires.
- ✓ Enjoy an improved mood and disposition and become more optimistic and hopeful as you experience rapid success in the “Rapid Resolutions” program.
- ✓ Learn to use 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.



Feel success and satisfaction when you can say, “I made that decision!”




This guaranteed results, super-supportive, value-packed 6-week Rapid Resolutions Coaching Intensive includes:

- ✓ Three **Rapid Resolutions coaching sessions** (30-90 minutes each) each week
- ✓ Unlimited **Laser-Quick Rapid Resolutions** 15-minute strategy sessions for times you need a confidence boost or have something you want to work through on the spot.
- ✓ Two half-day individualized personal **virtual retreats** (Zoom):
 - ✓ **Get Awake! Opening Discovery** Session to set the stage so you can get off to the fastest, most successful start
 - ✓ Radical Resolutions **Decision-Making Training Session**
- ✓ **Rapid Resolutions Workbook** with Journal to lock in the learning from each coaching session and “experiment”
- ✓ Recorded **“Do It Now Decision-Making” meditations** you can download and use to support your work
- ✓ **Unlimited Rapid Response email and text** support for times you want share a victory or feel your confidence waning

BONUS!

- ✓ BONUS: **Enneagram personality assessment** (online) to give you insights into why you do some of the things you do
- ✓ BONUS: **“Strength Finders”** assessment (online) to help you identify your personal characteristics that work best for you
- ✓ BONUS: One-hour **“Strength Finders” review session** to dive deep into your Strength-Finders assessment
- ✓ BONUS: Free ticket to the **Spring “Deep Dive” retreat** (May 2018; optional)
- ✓ BONUS: Free ticket to the **Fall “Deep Dive” retreat** (November 2018; optional)
- ✓ BONUS: Free access to the ***Happy-No-Matter What: Six Steps to Creating More Happiness in Your Life*** self-study course





Acceptance into the **Rapid Resolutions Coaching Intensive** begins with an application and an interview. The program is limited to 2 **Rapid Resolutions** clients per month. A waiting list is available. Scholarships (need-based) are available.

Is This Your Program? What's Next?

The best way for you to know if this program 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 ready for the “Rapid Resolutions Coaching Intensive.”

Peace and blessings,

Susan

