

'BOOT CAMP' STYLE COACHING

FOR TOTAL PERSONAL & PROFESSIONAL TRANSFORMATION

To be successful, we all need help. No one can do it alone. MAKE PROGRESS NOW'S BOOT CAMP for personal and professional transformation will enable you to:

Find Your Direction

GET CLEAR about what you really want. Make sure it is the RIGHT goal for you, for the RIGHT reasons, at the RIGHT time. Align with your life purpose, define your mission and create your vision. Getting on the right track is key, *because if you don't know where you really want to go and why, it doesn't matter how fast you get there.*

Achieve Your Goals Faster and Easier

Create a "doable" plan. Work your plan, smarter and faster. Overcome obstacles, stay focused, and follow through with your commitment: *"Over, Under, Around or Through... Whatever it Takes, I'll Do!"*

Accelerate Your Personal & Professional Development

Strengthen your self-confidence, improve your skills, install supportive habits, improve your motivation and self-discipline, be responsible and accountable, etc. In short, coaching can help you *Increase Your Capacity* to be, do and have whatever you really want.

Improve Your Health

Establish healthy habits, achieve ideal weight, reduce stress, & simplify your life. Enjoy better health naturally, and be proactive (focus on prevention and wellness). *Because if you don't have your health, nothing else matters.*

This holistic approach will make a **world of difference**. Here are just some examples of how you'll benefit from having a profession coach. You'll have:

- ✓ Someone who helps you make sure you are pursuing the right goals at the right time, for the right reason. Someone who helps you define the target so you actually end up where you want to go. (Clear vision.)
- ✓ Someone who asks you the powerful questions you need to develop the right strategies, tactics, and action steps. (Plan.)
- ✓ Someone who roots for your success. Someone you can trust to be there for you 100%. Someone who helps you become the powerful person you really are. (Support.)
- ✓ Someone who has compassion for your situation, but doesn't let you "get away with" being less than who you really are or not getting what you really want. (Accountability.)
- ✓ More fun getting what you want a whole lot faster. (Enjoy the process.)

SO MUCH MORE THAN 'REGULAR' COACHING

During your "Boot Camp" style coaching program, you will have access to a wide variety of resources and experience that go beyond regular coaching. Each session is **laser-focused**, hands-on, intense, results-oriented - geared 100% on getting you to take appropriate action and make progress immediately.

You'll also get:

- ◆ A coach who focuses you on the core issues that need to be addressed.
- ◆ A consultant who guides you with suggestions and recommendations for finding the right choices for your situation.
- ◆ A mentor who shares their experience, strength and wisdom.
- ◆ A confidant who helps you to ‘get real’ and get honest while creating a container of safety.
- ◆ A hands-on review and analysis of key indicators of your business or career, including sales & marketing, fixed and variable expenses, overhead, cash flow and more.
- ◆ A hands-on review and analysis of key aspects of your personal life, including your mental, spiritual and physical health, relationships, finances, schedule (use of time), and your results.
- ◆ Education regarding proven “best practices” and how to implement them.
- ◆ Recommendations to a wealth of additional resources and referrals to third-party experts for additional help in other areas.
- ◆ Email access outside of your coaching sessions.
- ◆ An extra "emergency" coaching session once monthly if needed (Ultimate program only).

Boot Camp Style Coaching is available as a customized program (Ultimate, Regular or Lite) with 3, 6 and 12 month contracts, with increasing discounts. (You must have an initial evaluation / consultation session before you will be accepted into a discounted program.) **Call (562) 498-6800** to discuss your goals, your situation, and the available options and then choose the program that's right for you.

Coaching services are available at \$150.00/session (or \$295.00 for a double session) without a contract, or at a substantial savings with a program as shown below. Single sessions are 25 minutes in length. Double sessions are 50 minutes in length. Additional sessions may be added at your program's per-session rate. You can choose to pay monthly or to pay in full for additional savings.

Sessions Per Month:	Lite Program (2 single / 1 double sessions)		Regular Program (4 single / 2 double sessions)		Ultimate Program (8 single / 4 double sessions)	
PROGRAM LENGTH	Cost	Savings*	Cost	Savings*	Cost	Savings*
Three Months	\$280/mo \$140.00/session	\$60.00	\$520/mo \$130.00/session	\$240.00	\$995/mo \$125.00/session	\$615.00
	PIF: \$750- (Save \$90)	\$150.00	PIF: \$1450- (Save \$110)	\$350.00	PIF: \$2775- (Save \$210)	\$825.00
Six Months	\$260/mo \$130.00/session	\$240.00	\$480/mo \$120.00/session	\$720.00	\$880/mo \$110.00/session	\$1920.00
	PIF: \$1450- (Save \$110)	\$350.00	PIF: \$2695- (Save \$185)	\$905.00	PIF: \$4975- (Save \$305)	\$2225.00
One Year	\$240/mo \$120.00/session	\$720.00	\$440/mo \$110.00/session	\$1920.00	\$760/mo \$95.00/session	\$5280.00
	PIF: \$2730- (Save \$150)	\$870.00	PIF: \$4990- (Save \$290)	\$2210.00	PIF: \$8320- (Save \$800)	\$6,080.00

* Compare to the non-contract rate. Programs are billed monthly. Paying in full (PIF) provides significant additional savings.

To enroll in a coaching program, visit www.MakeProgressNow.com/bootcamp