



DETAILED INFORMATION ON LIFE MASTERCLASS INDIVIDUAL SESSIONS

PEAK PERFORMANCE MORNING RITUALS

One trait that is consistent for successful people is they have a very clear set of daily routines they perform and most of the time these are performed as morning rituals. So the first part of both days will be actively participating in the exact Daily Rituals that I practice, which includes meditation, journaling, gratitude exercises, energization exercises, mantra's, and prioritizing my day (plus others). We are about creating a fertile environment for success.

LIFE AT THE NEXT LEVEL

This is where we warm you up for the magic to come. I want you to understand what your life at the next level has the potential to be. When you set a clear and firm intention, you prime your brain to draw to it everything that will make that possibility a reality.

PROCESSING YOUR CORE LIMITING BELIEFS

I am assuming that most of you have heard the idea about limiting beliefs negatively impacting our lives. Or that our beliefs can create self-fulfilling prophecies in our lives. Well, this part of the day is not only understanding a lot more about beliefs, but doing a powerful belief activity to identify and process your Core Limiting Belief. This will free energy, and also make you live and behave in a much less 'reactive' way. The more fully you engage in this work the more powerful your experience and the greater the shift you will experience.

GETTING CLARITY ON YOUR FUTURE PATH

CLARITY IS SO IMPORTANT!! It is so hard to say 'yes' or 'no' to opportunities or distractions in life if we don't know what we really really want. This is where we start unlocking that for you. We also go one step deeper, and ask 'why' you want this goal, to ensure it is actually YOUR goal. You will also learn the 6 Steps to becoming an ELITE Goal Setter.

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If you don't know what you want, you cannot program the brain to assist in the attainment of the goals you have in mind. This is about not leaving life to chance or fate, but living by conscious (and intelligent) intent.

GOAL SETTING WORKSHOP

This is where we take theory and put it into practice. We want you to get crystal clear about where you are heading and then we want to implant and enhance that vision deep into your mind, to help it manifest in a way that best serves you.

THE 6 PILLARS TO OPTIMUM HEALTH

Based on my second book – ‘The Guidebook to Optimum Health: Why exercise and nutrition alone are not enough’ – I share with you what I have discovered over the last 20 years when it comes to optimizing our level of health and as the subtitle of my book suggests, doing exercise and eating well is not enough if you truly want to thrive.

OBSTACLES ON THE PATH (BELIEFS WORKOUT)

This is a workshop activity to establish what is one of your core disempowering beliefs in an area of your life where you currently experience the most challenge. Once we have identified it, we will use a NLP belief switch activity to change it for a new empowered belief.

GETTING CLEAR OF YOUR VALUES

This is an exercise based on the work of Brene Brown – who has studied shame, vulnerability and wholehearted living – to get clear of what our primary values are. The exercise is taken from her most recent book – Dare to Lead.

CREATING A SUCCESSFUL DAY

How you show up (that is, how you think, feel and behave) each and every day has an enormous impact on the life you create for yourself. What are your thought patterns? What are your language patterns? What are your behavioural patterns?

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How do you make choices? What choices do you make? What decision-making techniques do you use? Learn how to optimize your brain, mind and body, to get even better results that accumulate over time to be a whole new level of Success.

The results you get in life are directly attributable to how you think, feel, and behave on a moment-by-moment basis. A series of successful days = a successful life!!

A CONVERSATION ON RELATIONSHIPS

I lead a conversation on intimate relationships and share some of the most impactful information, knowledge and strategies that I have learned over the course of my work and my own intimate relationships. My relationship with my beautiful partner – Ferry – is getting close to our 13th anniversary. :)

Q&A COACHING SESSIONS

In the Q&A Coaching Sessions you can ask any questions about any subject or content, regardless of whether it is in the program content or not. I will make myself available to you as your Coach, so bring your most challenging questions to the sessions and don't hold back - because I won't. All the Q&A Coaching Sessions will be 60-mins in duration and hosted on Zoom. You will get the access links in the online program (plus they will all be recorded and posted online).

IMPLANTING THE NEXT LEVEL & NEXT STEPS

This is where we bring it all together. Where we embed things deep into your psyche. You also get clear about what you need to do next, and then next after that, and then next after that.

We are about PRACTICAL & POWERFUL steps forward for you.

You will also have the opportunity to learn more about [IGNITE YOUR INNER GREATNESS: A 30-Day Challenge](#), which will be hosted in January 2021 and will ensure that you create lasting and powerful change in your life. This is a HUGE and a POWERFUL support piece for the Life Masterclass, if you choose to take the opportunity.