



THE TRUE TO YOUR CORE™ EXPERIENCE

Clarity and self-understanding that creates purpose, fulfillment and results

The True to Your Core™ individual coaching intensive reveals your personal patterns, both conscious and unconscious, that determine your success on a daily basis.

Based on the powerful, brain-based Results System™ model, the program creates profound actionable insights and accelerates progress towards your goals.

Armed with this powerful data, you can operate at your peak.

In this program, you explore four core elements authentic to you:

Core Values – the foundation of your decision-making and choices

Core Authentic Self – the freedom to be yourself in your work and life

Core Needs – the actions that energize and fulfill you

Core Patterns – the habits of thinking and behavior that create the best results

As a result, you gain clarity about what is most important now and in the future. You harness the hidden factors that drive your success and fulfillment.

You move this awareness into action by creating a tangible roadmap with an action calendar designed to get results and overcome the obstacles that get in your way.

Join the many successful individuals who have harnessed their personal patterns of success through their True to Your Core™ experience.

A Perfect Fit For:

Leaders who want to bring their best selves to their work, to find fulfilling next steps and to be extraordinary in leading through the challenges of the future.

True to Your Core™ Includes:

- Four 90-minute intensive virtual* coaching sessions to explore the four core elements and gain useful insights
- Two 90-minute awareness-to-action virtual* planning sessions to create a tangible roadmap and action calendar to achieve your results
- Brief conversations and emails as needed throughout the program

Key Benefits:

- Clarity
- Authenticity
- Alignment
- Action
- Results

** In-person option available*