

Dean Lynch - Coaching Menu

Entree

- **The 'Hours of Power' Series**

'The Six Human Core Needs' - Learn about our six core needs as humans and how knowing them can affect relationship's and everyday life for the better.

'Spiral Dynamics - The Eight Levels of Consciousness' - Understand levels of peoples thinking to help you understand yourself better and give you the edge when dealing with others in all sorts of situations.

'DISC - Personality Profiles' - Four very different personalities and how knowing them can help you to build better relationships and outstanding rapport for better service delivery.

- **\$250.00 each + GST**

Bonus Gifts

1 x 1 hour 'Breakthrough to Health Communication' Coaching Session. During this session you can expect to achieve

- 1. Clarity around your current health goals and how to reach them faster.*
- 2. Effective ways to beat self sabotage*
- 3. Fresh inspiration and real ideas to help you take action.*
- 4. Strategies for more effective 'Health Communication'*

1 x 1 hour 'One to One Free Form' Coaching Session. Discuss any issues you are dealing with and receive guidance and practical ways to reassess what you might be telling yourself about them and how you are letting them affect your life.

Main

• The 'Four Pillars' Programs

The 'GROW Model' - GROW stands for Goals, Reality, Options and Way forward. Over 4 x 1 hour sessions work out your own GROW model for success. You will learn how to set goals, based on what you want to achieve in your life, through looking at your current Reality and Options. Then set a plan for your Way forward.

'Rapport Building for Outstanding Service' - Rapport is built so that service can be provided. Learn how to build amazing rapport which will assist you to deliver your message to a more receptive audience, in turn providing a better closing rate and more autonomy.

'4 C Your Future' - Over 4 energy filled training sessions learn about the 4 'C' words that are totally acceptable and will change the way you see your future. The words are

- a. **CONFIDENCE**
- b. **COURAGE**
- c. **COMPASSION**
- d. **COMMITMENT**

- **\$1,495.00 each + GST**

Bonus Gifts

1 x 1 hour 'Breakthrough to Health Communication' Coaching Session. During this session you can expect to achieve

- 1. Clarity around your current health goals and how to reach them faster.*
- 2. Effective ways to beat self sabotage*
- 3. Fresh inspiration and real ideas to help you take action.*
- 4. Strategies for more effective 'Health Communication'*

3 x 1 hour 'One to One Free Form' Coaching Sessions. Discuss any issues you are dealing with and receive guidance and practical ways to reassess what you might be telling yourself about them and how you are letting them affect your life. Then learn how to set new goals and plan around them.

3 x 1 hour 'Hours of Power' Coaching Sessions. Work through the 3 Hours of Power sessions. 1. The Six Human Core Needs. 2. Spiral Dynamics - The Eight Levels of Consciousness. 3. DISC - Personality Profiles. Learn how all of these can assist you to build better relationships and have a better understanding of yourself.

Dessert

• The 'Alive minus Baggage' Package

The 9 Part 'Your Success' Program - Work through this highly successful program, with the support of a trained coach who will guide you to 'lose your baggage' by maximising the learning and ensuring you get the most out of the program. This training is delivered over 9 'One to One' x 2 hour coaching sessions and covers the following topics

Part 1 - Understanding Your Life

What You Want from this Journey
Where is your Life today?
What is your Satisfaction Percentage?
Exploring what You believe to be True about the World
What is your relationship with fear?
How to lead the Dance with Fear... and Win
Emotions: Patterns of Feeling/Patterns of Choice
Your Defining Moments
The Power of Choice

Part 2 - The Keys to Extraordinary Living... The Your Success Way

The Three Levels of Your Success Thinking
Level III
Level II
Level I
Key Number One: You Must Take Control of How You Interpret Your World
- Your Map
- How Your Filters Shape Your Life
Key Number Two: You Must Choose What to Focus On
Key Number Three: You Must take 100% Responsibility for the Results You Get in Life
Key Number Four: You Must Get Rid of the Secondary Gain
- How to Let Go of Secondary Gain
Key Number Five: You Must Be Willing to Explore... and Embrace the Unfamiliar
How to Play The Game of Life:
Level I Living for an Extraordinary Life

Part 3 - How Your Language Shapes Your Life

Our Language: Our World

Part 4 - Determining Your Values

Determining the Compass of Your Life
Types of Values
- Moving Towards Values
- Moving Away Values
Designing Your Ideal Life
The Power of Questions

Part 5 – Creating the Ultimate Vision for Your Life

Your Focus and Goal Setting
Goal Setting for Extraordinary Success
Creating Your New Empowering Values

Part 6 – The Your Success Management System for an Extraordinary Life

Getting Organised
How to Manage Your Time and Your Life
The 80/20 Rule
The Power of “No”
Giving Up Perfectionism

Part 7 – The Ultimate Plan to Extraordinary Happiness

Happiness and...
The Twelve Qualities of Happiness
The Happiness Test

Part 8 - The Your Success Keys to Extraordinary Health & Fitness

Health and...
Key Number One: Getting the Balance
- Are you an Adrenaline Junkie?
Key Number Two: Motion is Emotion
Key Number Three: What Not to Do
Key Number Four: High-Water Living
- High energy foods:
Key Number Five: Dairy, the Great Myth
The Easy Model for Extraordinary Health

Part 9 – The Your Success Keys to Extraordinary Relationships

Relationships and...
How Not to Communicate:
How to Communicate:
- Listen
- Non-judgmental
- Take criticism
- Maintain eye contact
- Match Body Language
- Smile
What Goes Wrong
- Getting
- Love Junkies
- One-Eyed Love
- Hostage Love
Your Ultimate Vision for Extraordinary Love

- **\$7,495.00 + GST**

Bonus Gifts

1 x 1 hour 'Breakthrough to Health Communication' Coaching Session. During this session you can expect to achieve

- 1. Clarity around your current health goals and how to reach them faster.*
- 2. Effective ways to beat self sabotage*
- 3. Fresh inspiration and real ideas to help you take action.*
- 4. Strategies for more effective 'Health Communication'*

6 x 1 hour 'One to One Free Form' Coaching Sessions. Discuss any issues you are dealing with and receive guidance and practical ways to reassess what you might be telling yourself about them and how you are letting them affect your life. Then learn how to set new goals and plan around them.

3 x 1 hour 'Hours of Power' Coaching Sessions. Work through the 3 Hours of Power sessions. 1. The Six Human Core Needs. 2. Spiral Dynamics - The Eight Levels of Consciousness. 3. DISC - Personality Profiles. Learn how all of these can assist you to build better relationships and have a better understanding of yourself.

12 x 1 hour 'Four Pillars' Four Part Coaching Programs. One on One guidance through these four outstanding programs of 4 coaching sessions each. 1. The GROW Model. 2. Rapport Building for Outstanding Service. 3. 4 'C' Your Future. 12 sessions of intense learning that will help you understand yourself and build high level rapport with others.