

BEYOND NUMBERS

Speeding Up The Process

Business Coaching with Dr. Jason Selk and Tom Bartow

People with inborn talent may be good at what they do, but only the mentally tough reach the highest plateaus in their field. Here is the best news of all...MENTAL TOUGHNESS CAN BE LEARNED.

Business coaching with Dr. Selk and Tom Bartow promotes the three fundamentals for mental toughness and high-level success:

- **ACCOUNTABILITY: Do what *needs* to be done... every day.**
- **FOCUS: Increase confidence and ability. Execute at the high end of potential.**
- **OPTIMISM: Do not just *believe* you can succeed. *Know* you can succeed.**

Beyond Numbers is a two-and-a-half day workshop of specifically tailored one-on-one business coaching for the successful person who wants to join the ranks of the *extremely* successful. *Beyond Numbers* is *the* leadership program that will guarantee to produce dramatic results in business and in life. Business coaching includes:

- 2.5 day workshop
- 12 months of skill mastery and follow-through business and life coaching
- Bi-weekly individual accountability email exchange (12 months)

COSTS

Beyond Numbers is \$400.00 per month (12 months).

SAMPLE SCHEDULE

Month 1: Perfection to Performance: High Level Competition/High Level Performance

Month 2: Effective Communication: Analogies, Voice Energy and Managing Expectations

Month 3: Set Product, Emphasize and Prioritize Process: CONTROLLING Success

Month 4: The Mental Workout: The Key to Preparation and Execution

Month 5: The Relentless Solution Focus: The Ultimate Measure of Mental Toughness

Month 6: Gable Discipline: Mastering the "No Excuse" Mentality