



## The Transformations Package

### Basis

Our Transformations Package is based on the principles of success taught by the leading holistic teachers. We believe by following this model you will have the best chance for Transformational Success:

*Our Model focuses on the genius of the “and” vs the tyranny of the “or” as author Jim Collins put it. Despite what others may have told you, you can have it all! And it’s never too late to start.*

- You can slow down and center yourself **and** continue to be a high achiever
- You can be an involved parent and spouse **and** have a successful career
- You can meditate **and** climb mountains
- You can achieve wealth **and** be a humble servant to others
- You can mature in age **and** retain youthful vigor and vitality
- You can be single **and** have a full and complete life

### Focus

In our Transformations Package, we will be focusing on the following type of activities:

- Brainstorming to help you create ideas that you might not have considered to help you achieve your extraordinary future
- Identifying your purpose and mission in life
- Establishing goals for each area of your life
- Creating action plans and action steps to meet your goals
- Helping you clear your past
- Learning from the holistic masters (through lectures, books, videos, etc.)
- Writing and practicing affirmations
- Doing visualizations to help your dreams become realities
- Supporting each other on your respective journeys, assisting each other in taking healthy risks, and helping hold each other accountable
- Achieving your wildest dreams
- Sharing your success stories

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## Services Included in the Transformations Package

### **Transformations Core Coaching Services™** - 12 coaching sessions (once per month)

Coaching has been proven to have dramatic effects on achievement of one's life purpose, mission and goals. You will work with one of our world class professional coaches and begin to Transform your life into the one you always dreamed of. We will provide you with support, guidance, direction and resources to help get you there.

Your coach will help you identify your life purpose as well as your short- and long-term life goals. Your coach will help you create a life plan and help you execute that plan. Your coach will point you in the right direction in terms of workshops or groups or activities (both in and out of Transformations) that will be useful to you in helping you to achieve your ideal life.

### **Transformations Core Group™** - (meets once per month)

Our Transformations Core Group™ provides you with an opportunity to gain the support of like-minded Transformers. Surrounded by the power of a group, you will be able to accelerate your learning and application of the principles of Transformation. The group will support you, help hold you accountable, celebrate your successes, help you learn from your mistakes and validate your path.

### **Transformations Assessment™**

While working with your Transformations Coach, you will take a written assessment of where you are in your life and where you want to be in the following areas: relationally, intellectually, physically, spiritually and financially. Your coach will provide you with a comprehensive analysis incorporating recommendations to get you started on the right path.

### **My Ideal Future Life™**

Brainstorming with your Transformations Coach and Transformations Core Group™ will help you visualize and recapture long-lost dreams and desires. You will create a mission and purpose statement for your life, as well as begin to map out on what your *ideal future life* will look like in 1 year, 3 years, 5 years and 10 years.

### **Transformations Life Plan™**

The Transformations Life Plan™ will help you craft the steps you need to take to achieve your goals. Under the guidance of your Transformations Coach and with the support of your Transformations Core Group™, you will write your life plan and outline exactly what your goals are and the action steps you will be taking to achieve and live the life you have always dreamed.

### **Transformations Core Workshops™** - (one full day per quarter)

Once a quarter, you will meet for a full day intensive to share your success stories, work on your life plans and get an extra boost to get your life transformed that much more quickly. You will hear from select members of Transformations' faculty as well as a regionally/nationally-acclaimed holistic master. THIS IS AN EXCITING DAY!

**Transformations Life Plan Implementation Program™**

Working with your Transformations Coach and your Transformations Core group you will execute your plan while receiving support and encouragement and validation for your efforts and results. You will be utilizing the laws of attraction on a regular basis to get you to where you want to be.

**Transformations Regular Workshops and Groups**

You will be able to participate in regular workshops and groups offered on our event calendar.

**Transformations Café/Bookstore**

Stop by our café and bookstore, and don't forget to bring a friend along. Come relax and have a latte or a cup of tea while browsing our extensive collection of Holistic/Spiritual books, tapes and CDs.

**Books, CDs, Dvds package**

You will receive a package of Transformations Core Curriculum Materials such as Jack Canfield Success Principles, Wayne Dyer – Spiritual Solution to every problem, Jon Kabat Zinn - Wherever you go there you are, The Secret DVD, What the bleep do we know DVD, among others.

To find out more about the Transformations Package, please call (856) 470-1399 or send an email to [scott@readytotransform.com](mailto:scott@readytotransform.com).