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# 21 DAY

## MEDITATION FOR HIGH PERFORMERS COACHING PROGRAM



MASTER THE HABIT OF INNER  
PEACE & ACCELERATE YOUR DAILY  
PRACTICE

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# 3 WEEK PROGRAM

*TO BRING PEACE TO YOUR ABILITY TO  
PERFORM*

Maximize the benefits of your  
Meditation sit.

Learn how to utilize Breathwork to  
regulate and enhance your energy levels.

Combine Meditation & Breathwork to  
enhance creativity & brain neuroplasticity.

Learn how to incorporate "Flow  
Psychology" into your high performance  
protocols.

Maximize your inner peace while  
enhancing your productivity, performance  
and personal & professional progression.

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# BESPOKE PROGRAM

*WE WILL PERSONALIZE THE PROGRAM  
TO CATER TO YOUR SPECIFIC  
MEDITATION NEEDS., BASED ON YOUR:*

- **Life Demands**
- **Neurological Tendencies**
- **What you enjoy**
- **Areas of growth**
- **Desires to gain from the practice**

To follow is an example of what a personalized plan might look like.

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# WEEK 1

## ESTABLISH THE HABIT

Learn the best meditation & breathwork techniques for your specific goals

Start your daily self & guided practice

2 X high performance meditation & breathwork development sessions for neural programming

Participate in a high performance flow coaching session to boost your flow state performance

Practice NSDR (Non-sleep Deep Rest)

# WEEK 2

## REFLECTION & REFINEMENT

Adjust your meditation & breathwork practice according to the outcomes of previous week

Get in a rhythm with your practice

2 x meditation & breathwork for neural programming

2 x high performance coaching session

Maintain NSDR practice and practice 5 minute Qi Gong for focus & centering

# WEEK 3

## REPETITION & IMERSION

Stick to your meditation & breathwork practice.

Learn different styles for separate occasions

2 x breathwork ceremony

2 x high performance coaching

Meditation & breathwork self coaching practice

# WHAT'S INCLUDED

Bespoke coaching experience, high performance strategies & personalized performance program

**1:1 High Performance Flow Coaching Calls**

Neurology influenced meditation & breathwork sessions.

Personalized guided meditation & Breathwork practices.

Mindset, rewiring, self-regulation & flow state enhancement tools to implement on your own or with teams

**21 Days of FULL FOCUS coaching, high performance consultancy & self enhancement guidance**

# INVESTMENT:

To maximize the results of the program I will only be taking on 2 clients per container, so during the 3 weeks your needs, outcomes, and experience will only be shared by 1 other of my full focus & attention to make sure you receive the most optimized version of the program as possible.

The investment to make this full focus possible is:

USD 5000



# BY THE END OF THE 21 DAYS YOU WILL HAVE...

Your own highly attuned meditation & breathwork practice

Increased neural plasticity making it easier to learn, adapt and be creative

Improved emotional regulation for better decision making and clarity

Psychological rewiring to remove any limiting behavior and thought patterns that are negatively affecting your daily life

A deep feeling of inner peace making the all your daily processes much more enjoyable

The ability to switch off & get the rest you need to carve out your legacy

High performance psychology tools to help get the most out of your team

# FOR TEAMS

I am also open to deliver this private program to teams of 2 - 4. This will lower the cost per person, and the experience will be catered toward the cohesiveness of the team and their mission

## BENEFITS:

Improved team flow for cohesiveness towards the mission.	Improved individual ability and capacity for self leadership
Overall creativity and problem solving enhancement.	Ability to self regulate for clear communication and expression of individual's ideas
Better state of mind for greater work gratification and satisfaction.	Overall increase in group dynamic and harmony for team longevity and sustainable performance progression.

# TEAM INVESTMENT:

For team investments, your team, organization and mission will receive my full attention, energy and coaching capacity. Team investments lock down the container and allow for me to fully immerse myself into your world and what you and your team need to optimize *performance, peace of mind & effectiveness.*

**For the full capacities of the coaching container the team investment will be:**

TEAM of 2	USD 8000
TEAM of 3	USD 11000
TEAM of 4	USD 12000

# FREE DISCOVERY CALL & COACHING

TO SEE IF WE ARE A FIT AND  
ENJOY WORKING TOGETHER.

**ONLY 2  
SPOTS  
AVAILABLE  
PER  
CONTAINER**

*BOOK YOUR FREE CALL  
NOW.*

**BESPOKE  
MEDITATION  
COACHING**

FOR HIGH PERFORMERS