

GET UNSTUCK!
A Powerful Online Coaching Program
With Live Q & A!

Delivery Time: 8 weeks, 1 session weekly

Coach: Samantha Biron, Certified Life & Professional Coach, Empowerment Institute, NY

Overview:

This powerful coaching program contains 8 weeks of online coaching derived from 14 years of content design & facilitation with both individual and group coaching with proven outcomes.

This program supports you in achieving the following outcomes:

- You will learn how to move past inertia and self-doubt,
- You will learn how to take control of your life's direction by setting clear goals,
- You will learn how to rid yourself of limiting beliefs that are holding you back,
- You will learn how to become more confident, and express yourself assertively,
- You will learn how to create a tangible plan and begin to move forward with it,
- You will learn real-world techniques to help you better manage your time, such as getting your email down to zero by the end of every day and staying in control of your to do list,
- You will learn how to manage stress and anxiety effectively and even change your entire view of stress,
- You will learn how to say no with grace so that you are better able to set boundaries.

By the end of this program, you will have the fundamental tools you need in order to move forward unencumbered by self-doubt, the need to please others and the need for external validation before forging ahead.

Core Competencies Covered in this Coaching Program Include:

1. Self Confidence & Resilience
2. Effective Communication
3. Initiative
4. Thinking Things Through
5. Results Oriented
6. Work-Life Balance
7. Planning & Organizing
8. Interpersonal Effectiveness
9. Personal Motivation
10. Self-Management

Here's what past participant Karen had to say:

*"Thanks for your all your coaching.
I feel like I've had so much growth during this experience!
Unstuck helped me to acknowledge my self-sabotaging behaviour.
It helped me to recognize my value and find my voice. I feel free!
I would recommend this program to anyone who is feeling awkward in their own skin or feeling lost but ready
to put in the work to make changes. The strategies presented during this program helped me to start my
journey to finding my true self.
This coaching was invaluable!" – Karen W. Primary Teacher*

How it works!

- Every week, you will receive a pre-recorded module on our online training platform 'EXPERIENCIFY' where you will receive your personal login and password. You can then view the video at a time most convenient for you!
(💡 Tip: choose the same time every week)

- Most sessions contain a weekly assignment to complete.
(💡 Tip: completing your assignment is fundamental to your success)

Samantha also hosts a live call every week to answer all of your questions!
(💡 Tip: you can also send your questions in advance via email!)

- You also receive access to an exclusive Facebook group where you can ask questions and interact with other members of the program. Research shows that coaching is often more transformative, and lasting when supported by others who are also engaged in powerful transformation!
(💡 Tip: You can choose to stay or leave the group once you've completed the coaching program, totally up to you!)

'You will be too much for some people. Those aren't your people.'

~ Karen Salmansohn

Program Outline

Session 1: Vulnerability & The Courage to Grow!

In this session we focus on seeing our vulnerability as our greatest source of power and we learn to inspire ourselves to create strong intentions for our ideal outcomes while remaining realistic with our goals.

Session 2: How to Become Fearless!

In session two we get to work on growing our self-esteem and self-confidence as well as ridding ourselves of the weight of our unnecessary 'bricks' that keep us stuck and powerless.

Session 3: No More Dead Wood!

This session is all about releasing dead wood, focusing on our strengths as well as learning and practicing powerful body language proven to make us feel braver. Because science says so!

Session 4: The 3 Steps to Achieving Any Goal!

Let's make a plan! Here's where we discover the 3 steps of creating a tangible plan for any direction we wish to move towards – and if you're not sure, we'll cover this as well! We'll also learn how to overcome the inevitable resistance that surfaces (by self and others).

Session 5: How to Attract the Right People and Manage Expectations!

In this session we will learn the importance of what we consume and how to attract the right kind of people. We will also cover how to assert our boundaries, manage expectations and how to say no with grace and avoid conflict.

Session 6: Managing our Time Effectively!

This session is a nuts-and-bolts workshop attended by countless professionals looking to better manage their time, priorities, and email. We'll show you the 5 steps of Daily Mapping, how to get your email inbox down to zero by the end of every day, how to prioritize and manage multiple priorities as well as how to avoid procrastination. But we'll put that off till the end ;)

'The only limits you have are the limits you believe.'

~ Wayne Dyer

Session 7: Manage Stress & Anxiety Like a Boss!

Learn the true meaning of stress, what science and research really says about stress and how you can best manage it! This session includes science-backed mental, physical and emotional stress management techniques as well as the findings of a decades long study that will change the way you view stress.

BONUS: We will also teach you two proven techniques to help you reduce and manage anxiety!

Session 8: Maintaining Your 4-Legged Stool for Optimal Balance!

Sometimes folks tend to focus on just one area of well-being while ignoring others and expect to still awesome, motivated, connected, empowered and engaged in life. This is much more difficult to achieve when we ignore one of the 4 balancing legs under our stool. In this session we

- Emotional – how to keep sane!
- Mental – how to keep sharp!
- Physical – easy tips on how to keep healthy!
- Spiritual – how to maintain inner peace & purpose.

Program Value & Cost:

The individual cost to attend each workshop covered in this program as well as attend live coaching sessions with Samantha brings **the total value of this package to \$5,300.00.**

However, to make this program more affordable for individuals, the **tuition fee has been lowered to \$3,200.00 +HST. This represents a savings of \$2,100!** (Flexible payment options are also available to individuals.)

Live Q&A Sessions: Zoom links will be emailed upon registration.

Added Support: Samantha will also be available throughout your program to answer questions both on the Facebook community page you will be invited to join as well as via email.

TO REGISTER: Please email connect@samanthabiron.com with the subject line:

REGISTER FOR GET UNSTUCK 2022!

A few more Reviews from past Get Unstuck! Attendees:

"The Unstuck program showed me I'm not alone. I met another participant who I could relate to in multiple ways of being a mom, a woman, not knowing who I am or where I'm going. (...) I took a lot out of this course. (..) I have this brilliant idea where I want to start a workshop for suicide prevention (...) and because of this course, because of you, I know I can do it!

When you put in the work, it changes you for the better.

I recommend this course to anyone who prioritizes their self-growth. I was on my way to being unstuck when I found this program. I was thirsty for knowledge, to get out of a rut. Now I know I can do whatever the hell I want in my life. I'm definitely going dog sledding by myself. A few months ago, I wouldn't even be able to say that with confidence. Long story short, take the program if you want to find your tribe.

Thanks Sam!"- Delilah, Iqaluit

"What helped me a lot was the part where you asked us to mark down the name of the person we would like to see if we had 1 month to live, then a week and then 1 day. This made me realize what is really important for me and who really matters. I would absolutely recommend this coaching program and have already recommended any training you deliver.

You are truly inspiring."- Chantale T. Learning Coordinator, CNSC

"The "Get Unstuck " program helped me most in dealing with the year that I had in 2021, with losing my dad to COVID and my uncle (his brother), my mom and sister having COVID at the same time and not being able to see them. The program helped me realize to think outside the box and to look at life in a different way.

It also helped me deal with my anxiety and to take one day at a time.

Make more time for myself and how I was feeling.

I would 100% recommend this program to all my friends." - Manon

"Samantha is an amazing teacher I knew coming in that I'd come out with a great experience and once again I wasn't disappointed. A huge thank you, I've been working on myself a lot these past two years and this was the push I really required to climb higher, to overcome my fears and feel like I have the tools and the support around me to do it. My eyes are open and I'm ready to assert myself and be more vocal."

- Asked to remain anonymous

'Be sure to get in the company of those who feed your spirit and give the gift of your absence to those who do not appreciate your presence.'

~ John Geiger