

REBOOT Coaching with April and Chad

Syllabus for your 7-session program

Welcome to your Reboot Opportunity. This program is designed to introduce you to the core principles of neuroaxiology and help you develop new mental muscles. Your customized coaching sessions will help you apply a robust understanding of your thought patterns and leadership habits.

Here is what each session will be focused on and how to get the most value out of it. The * sign will indicate how to prepare in advance for the conversations.

Session One - R - Realignment - Introductions, Welcome to the Program, and Review of the LMS Access and Group Coaching Process. *Make sure you are logged in to the LMS, have your introduction report in front of you, and have set the time aside to be fully present with audio and visual capabilities for Zoom.

Session Two - E - Elevation - Working with Your Coach to Develop Mental Muscles. *Be prepared to discuss what your aspiration juice is and discuss the introduction report (April and Chad will complete these sessions together)

Session Three - B - Belief - Group coaching for working with the Goals worksheets. *Have completed all the modules in Welcome, Core Principles, and Clarity of Purpose.

Session Four - O - Ownership - Working with Your Coach Private Session. *Be prepared to discuss building mental muscles.

Session Five - O - Optimization - Group session working on optimizing your A game *Have completed all the modules in B Game, Increasing Self-Awareness, and Consistent Deliberate Practice.

Session Six - T - Transformation - Working with Your Coach Private Session *Be prepared to discuss building mental muscles.

Session Seven - What's Next - Group Session to Verify Next Steps. *Have completed all the modules in Maximizing Your A Game, Raising the Bar.

Items included:

- a. Valuegenic Self-Leadership Development -* This is where you find the link for the LMS [Axiogenics Gen-V Academy - Engage Your A-Game](#)
- b. Four live group coaching calls (Weeks 1, 3, 5, and 7)
- c. Three private 1-on-1 coaching calls with Chad or April (Weeks 2, 4, and 6 * The client is proactively scheduling the first session with both Chad and April, and the Second and Third sessions with the coach of their choice.)
- d. The VQ Cognitive Assessment to reveal how your mind makes decisions
 - i. [One Light Ahead](#) | Your VQProfile was provided to you when you were approved for the program. Your introduction report will be sent and reviewed at your first coaching session.
- e. Access to 20+ tools to elevate your mindset and leadership
 - i. There are a multitude of games, videos, and other resources that will be shared through our sessions - apply as they fit your coaching journey.
 - ii. The best learning environment is one in which all players feel respected while being productively challenged. At One Light Ahead, we are committed to creating an inclusive environment where everyone can contribute, explore, and challenge their ideas as well as those of others. Every person has an active responsibility to foster a climate of intellectual stimulation, openness, and respect for diverse perspectives, questions, personal backgrounds, abilities, and experiences. However, instructors bear primary responsibility for its maintenance.

Disclaimer

Both coaches reserve the right to make modifications to this information throughout the program without providing prior notice.