



BE UNSTOPPABLE

COACHING

PERSONAL DEVELOPMENT PROGRAM

BE INSPIRED
BE CHALLENGED
BE WILLING

BE UNSTOPPABLE



BE UNSTOPPABLE
COACHING



Personal Development Program

"How does one become a butterfly?"



"You must want to fly so much that you are willing to give up being a caterpillar."

Trina Paulus



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Personal Development Program

PROGRAM OUTLINE

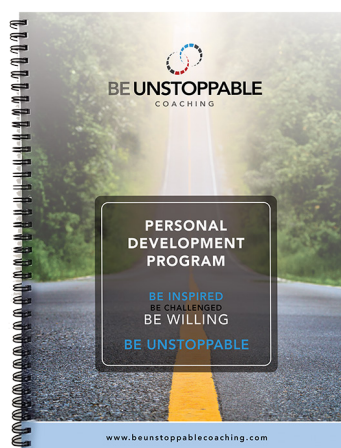
This program is designed to help you learn and better understand yourself, to identify what drives your decisions and actions, and learn to take control of the forces that influence your behaviour and life results.

This program is jam-packed with a wealth of knowledge, in an easy to follow format, giving you the understanding and tools to activate in your life, helping you personally develop mental and emotional strength and positive mental health, to gain the skills for positive progress and change, resulting in your personal development and the achievement of goals.



PROGRAM INCLUSIONS

- 12-week Personal Development Program.
- Each program section will be sent weekly via email to help you progress through your personal development, in a guided step-by-step format.
- All learning tools and worksheets for personal assessment and development are included in your weekly program emails to activate during that week.
- Tools and resources emailed weekly to support the program section being learnt, are provided in two formats to be used, based on your personal preference:
 1. Print-Ready PDF - for those who prefer to print out worksheets and put pen to paper when learning (highly recommended for personal growth and reflection).
 2. Digital PDF – for those who prefer to type and work on their computers or tablets.



Individuals who have ordered the 'hard copy' program manual will still receive weekly emails, to guide them through the learning and development journey.

** Hard copy manual is an additional cost.*



Personal Development Program

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PROGRAM BONUS INCLUSIONS

The team at BE UNSTOPPABLE have offered all individuals investing in their own personal development, three amazing bonus inclusions with the program. Take advantage of these bonuses at any time throughout your learning journey. We look forward to engaging with you one-on-one, as you begin and book your free 30-minute zoom session, to kick off your personal development program.



FREE 30-minute zoom session to kick off your Personal Development Program.

Enjoy the one-on-one personal experience and meet one of our coaches. This session is designed to introduce you to the incredible awareness and growth journey you are about to begin and answer any questions you have about the program.

BE UNSTOPPABLE DRIVERS Assessment Tool

STATEMENT	Agree (or more)	Strongly Agree	Neutral	Disagree	Strongly Disagree
What I do with my life has a positive impact on the lives of other people.		100			
I handle problems and challenges head on. My mind is focused on finding solutions.		25			
I have mostly self-driven success and I'm focused on doing what I need to do today to ensure that success.	100				
I always offer and offer compliments to others, commensurate to a positive change.					
When my life purpose and I do everything I can to live out that purpose every day.					
I don't like change or taking on new challenges.					
Negative feedback makes me defensive, especially when I make mistakes.					
I often and actively celebrate my wins. I do not stop until I feel I've won.					
I have clear and visible goals. I refer to these goals regularly and easily find feedback on how well they are achieved.					
Relationships are important to me and I invest myself in other people that make an impact.					
I have a clear mission statement.					
I am open to trying new things, even things that seem rare.					
I have a strong sense of self, confidence in a person with courage and will to accomplish my personal goals, actively to expand on the things I love.					
When someone is suggesting doing something new, I tend to shy away and stick to my comfort zone unless I'm strong.					
I am a determined person. If I see the need to do something, I often do it.					

BE SIGNIFICANT
BE RESILIENT
BE PROACTIVE
BE CONNECTED
BE DRIVEN
BE CHALLENGED
BE UNSTOPPABLE

FREE profile results of your 'DRIVERS Assessment' for targeted development.

The BE UNSTOPPABLE DRIVERS are a collection of foundational universal wisdom, providing a framework for peak performance thinking, teaching you mental and emotional control, resulting in focused decisions and actions towards the things you desire.



20% OFF discount voucher for a personal coaching session with a trained BE UNSTOPPABLE coach.

Take advantage of the power of personal coaching. Your coach will work collaboratively with you to help you set proper goals, work on strategies and plans to achieve those goals, and help you personally and professionally develop.



Personal Development Program

PROGRAM OUTLINE

PERSONAL DEVELOPMENT PROGRAM BENEFITS

The BE UNSTOPPABLE Personal Development Program, offers multiple benefits to all individuals who embark on the journey of self-understanding, raising their level of self-awareness as to why they think, feel and behave the way they do, in different life circumstances.

This program is designed to help all people develop the skills for mental and emotional control, to reduce or remove the internal blocks to self-sabotage and understand how to control the forces that influence behaviour, actions and outcomes in all life areas.

This program, when applied well, will help individuals build personal strength, confidence, resilience, develop good habits, learn better communication skills, enhance relationships and the ability to set and achieve goals.

- Develop positive mental health.
- Understand how your human needs drive your decisions and actions.
- Strengthen your mindset and learn to control how and what you think.
- Strengthen your ability to control your emotions and make better decisions.
- Strengthen your own sense of worth and confidence.
- Strengthen your level of resilience and ability to overcome challenges.
- Strengthen your level of proactivity and ability to manage your priorities.
- Strengthen your level of connection in personal, social and professional relationships.
- Strengthen your communication skills.
- Identify your life purpose and mission and let that mission drive you forward.
- Take on the challenge of self-development and personal growth.
- Learn the principles of peak performance thinking.
- Work with practical tools to improve your skills and ability to achieve goals in all areas of your life.
- Learn how to effectively set goals.



*All this ... fully supported with
a professional coach, trained
by BE UNSTOPPABLE.*



Personal Development Program

PROGRAM OUTLINE

POWERFUL MIND STRENGTHENING LEARNING

Developing "Positive Mental Health"

You will learn and work on:

- The motivational power of human needs - what these are and how they influence your decisions for everything. You will learn to understand your own needs better and how to make beneficial decisions to satisfy your needs more effectively.
- The psychology of the forces that control your mind/thinking, emotions and behaviour. You will learn to be aware of when these forces are triggered and how to take control of them, enabling you to stop reacting to circumstances, and consciously choose the response that better serves you and those around you.
- A better understanding of stress - how stress and anxiety effect the body physically, emotionally and psychologically, with the tools and strategies to better manage stress in your own life, minimising the adverse affects of stress, depression and anxiety.
- The six BE UNSTOPPABLE DRIVERS (as shown below). These drivers are the essence of 'Positive Mental Health', where you will learn to understand what each one encompasses, and how to target your personal development to strengthen your ability to apply the drivers in all your life areas.
- Effective and proper goal setting, broken down in the same way goals are set for peak performing individuals, where you are in control of your own achievements. You will apply what you have learnt through the program, with a stronger mindset and focus on what you want to achieve, positively progressing towards goal achievement.
- Everything you will learn in the program is based on evidence-based practices, founded from psychology and human behaviour studies. All learning sections are supported by tools and worksheets, giving you practical strategies to apply in your life and enhance you ability to develop a strong mind and 'Positive Mental Health'.

BE UNSTOPPABLE DRIVERS

Foundational Universal Wisdom For Peak Performance

The BE UNSTOPPABLE DRIVERS are a collection of foundational universal wisdom, proven through centuries of application and decades of psychological and behavioural studies. The 'drivers' provide a framework for peak performance thinking, mental conditioning, personal and professional development for individuals, teams and organisations. They are the essence of a strong mind and 'Positive Mental Health'.

BE SIGNIFICANT

BE RESILIENT

BE PROACTIVE

BE CONNECTED

BE DRIVEN

BE CHALLENGED

BE UNSTOPPABLE



Personal Development Program

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PAYMENT OF PROGRAM FEES

Program costs are dependent on what add-on inclusions you would like to take with the 12-week online program. Please refer to our website for the breakdown of add-on products and services, as well as flexible payment options.

Personal Development Program
12-Week Online Delivery - Only \$49.50 per week

One Time Payment \$594.00
or
3 x Interest Free
Monthly Payments of \$198.00

Prices in Australian Dollars and include GST

See our website for options, prices and to order your program now!

<https://www.beunstoppablecoaching.com/personal-development-program>

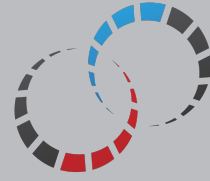
UNLEASH YOUR PERSONAL POWER
Personal Development is a Choice You Make!

AN INVESTMENT IN YOURSELF FOR
Mental Strength - Positive Mental Health
Mental and Emotional Control - Better Life Outcomes

SMALL PRICE - HUGE RESULTS

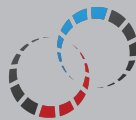
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OUR MISSION

TO BE A POSITIVE
CHANGE CATALYST
IN THE LIVES OF
MILLIONS OF PEOPLE
WORLD WIDE



BE UNSTOPPABLE
COACHING



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BE UNSTOPPABLE
FOUNDATION



DRIVE
DRIVE YOUR BUSINESS AND PERSONAL LIFE TO THE NEXT LEVEL



UNSTOPPABLE
KIDS