

# Assess, Align, and Accelerate

## With Ray Befus

As years pass by, our experiences change us in ways that are often hardly noticeable in the moment but, can gradually produce affirming or alarming shifts in our thinking, our emotional awareness, and our behavioral patterns. Like looking at ourselves in a mirror after a long journey, we may discover that we are no longer the person we once were or even the person we had hoped to be come.

This is the perfect season in your life to:

1. Assess who you are and who you desire to be
2. Align your life and career with your core values and renewed vision
3. Accelerate your movement forward toward dreams come true.

Five or ten years from now, your future self will thank you for pausing now to engage with a professional coach who can help you reorient your beliefs, emotions, and behavior around reimagined possibilities.

This is not a cookie cutter coaching package. Every successful coaching journey is co-created by coach and client as they move forward together to reach the client's objectives. Depending on your needs, we may work through different issues or make use of different tools that are relevant to your goals. You'll be in charge of the pace at which we work together.

### Package Description

**1. Assessment:** We'll explore the sense of purpose that has been emerging across the years of your life. We'll examine how your past has impacted your sense of identity and what is possible for you as you look to the future. We'll identify your most formative experiences and the meaning you have given them. We'll examine your core beliefs, reflect on your core values, and explore what activities bring you to life and what activities seem to suck the life out of you. A key part of this assessment phase is a Harrison assessment—a world-class, formal assessment of your behavioral tendencies that will reveal how your current strengths may support your success and how strengths out-of-balance may be a reason you sometimes get in your own way.

**2. Alignment:** We'll work together to create your personal SWOT analysis to begin setting priorities for authentic transformation. You'll identify specific self-limiting beliefs and behaviors and start taking practical steps to overcome them. You'll bring your vision and values to the front of your daily consciousness such that you find it easier to make productive decisions that open new doors of opportunity. You'll begin listening to your intuition and taking measured risks to reach for your dreams. You'll give yourself permission both to be human and to be happy as you begin writing a new chapter in your life story. A key part of this alignment phase will take us into the work of David Emerald and *The Power of TED— The Empowerment Dynamic* as he reveals a mindset shift that can powerfully transform the way we see ourselves and overcome our challenges.

**3. Acceleration:** In this phase of your coaching journey, we will work together on leadership skills that will empower you to reinvent the way you interact with the people around you and impact them for good. We'll focus on setting and reaching inspiring goals, sharpening communication skills (listening and

speaking), initiating difficult conversations, letting go of a need to control others, and learning to manage and bring the best out of a diverse group of people.

Includes twelve 60-90 minute coaching sessions, a Harrison Assessment and debriefing, *The Power of TED*—book and workbook, and assorted proprietary HIGHPOINT transformational tools. Clients will sign and submit a formal coaching agreement and establish a payment plan that is mutually agreed upon.

### About the Consultant

Ray Befus is an expert coach with his own successful firm. Connecting with us has been a huge asset for our professionals, as he lends his services to all our students. Ray has endless professional resources that provide exercises to help overcome challenges, focus, and drive to increased performance, and moreover to ensure their lives reach their goals through careful assessment of the bigger picture.

