

***Write On, Now!* Book Coaching Group**

with

Patricia C. Brooks Author and Certified Professional Coach

What would it mean to you if you started that book you've been *thinking* about writing? What would it mean to you if you finished that book you've *already* started?

Imagine the following:

- You've finally started writing your story, you've found your motivation and inspiration, and you are writing daily. You're only pages away from completing your manuscript. How are you feeling?
- You've decided on which of your many manuscripts to focus. You've kept your writing schedule religiously, and as a result you've now completed that book you started oh so long ago. What emotions are you experiencing?
- After compiling your business ideas and writing them down in an organized way, you've published your book. You are experiencing greater authority in your field and it is opening new doors for you. Your audiences and clients are raving about your book and how it's improved their lives. How does this make you feel?

Fulfilled and satisfied? Confident and accomplished? Inspired and Energized?

Or perhaps you are experiencing some other **life-affirming** adjective not listed here?

If you have a book idea, have a true desire to write your book, and are serious about putting in the work to complete it, but find yourself simply *thinking* about it or starting, only to lose momentum, then ***Write On, Now*** Book Coaching Group is for you!

During this series of six one-hour group coaching calls we will explore:

- your motivations for wanting to write a book
- which book you should write right now
- the obstacles (lack of time, self-confidence, fear) that stop you in your tracks
- strategies to overcome these obstacles
- book structure and organization
- finding time to write

Groups are forming now! Sessions Start in February 2017.

Package Pricing Listed Below

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Write On, Now! – 3 Month Group* Coaching Packages
You've got a book in you. Start writing it now!

Details	Basic Group Coaching Package	Deluxe Group Coaching Package	Premier Group Coaching Package
Number of group sessions/month	2	2	2
Length of each group session	60 minutes	60 minutes	60 minutes
Energy Leadership Assessment** and <u>Group Debrief</u>	N/A	1 group bonus hour and assessment included	1 group bonus hour and assessment included
Energy Leadership Assessment** and <u>Individual Debrief</u>	N/A	N/A	1 individual hour, and assessment included
60-minute one-on-one coaching session	N/A	N/A	1 individual 60-minute coaching sessions included
Copy of <i>Growing Bold</i> Book	N/A	N/A	1 copy included
Monthly investment	\$65.00	\$100.00	\$220.00
Total investment	\$195.00	\$300.00	\$645.00
*Groups consist of between 6 and 8 people ** See accompanying Energy Leadership Information on following page			

About the Coach

Patricia C. Brooks is a Certified Professional Coach, the founder of The Courage Catalyst, and author of *Growing Bold: How to Overcome Fear, Build Confidence, and Love the Life You Live*. She offers coaching services to organizations and individuals that focus on designing vision statements, developing plans, and taking action toward goals. Her direct and engaging methods inspire confidence and lead to bold, focused, and productive action.

Patricia received her Certified Professional Coach certification from the Institute of Professional Excellence in Coaching (iPEC). She is also certified to administer and debrief the Energy Leadership Index Assessment.



New Study Reveals Success Indicator for Work and Home Life

Have you ever wondered why some people seem to have the “Midas touch” – so that everything they come in contact with turns to gold? Bruce D Schneider, Ph.D., MCC, founder of iPEC Coaching (www.iPECcoaching.com), can now tell you why. This month, Schneider and iPEC Coaching announced the results of a groundbreaking research study showing the existence of a single factor that determines success in life.

Called the E-Factor™, this conclusive indicator of success can be determined in a mere 20 minutes using a new online assessment, conceived after 25 years of research in the area of human potential and consciousness. The Energy Leadership™ Index assessment is based on a tool, the Energetic Self-Perception Chart™ developed by Schneider in 1999, that delineates seven different levels of consciousness, or awareness of self and life, with the first two levels being catabolic (negative or destructive) and the next five being anabolic (positive or constructive).

The Energy Leadership Index assessment quantifies the way in which an individual perceives and approaches life and reacts to different circumstances and experiences, and produces a numerical value – the E-Factor – that indicates the person's level of consciousness. The research shows that higher E-Factors are associated with more success in life.

About the results, iPEC's vice-president Luke Iorio says, “I'm actually a bit surprised. Knowing about our company's many years of anecdotal research, and personally having applied the underlying assumptions and concepts of Energy Leadership to my life, I knew we were on to something big. But I had no idea how big, and how accurate, this work would prove to be.”

In speaking of Energy Leadership, Iorio is referring to both iPEC's particular and unique form of leadership, and also, literally, to the process of leading energy, so that it works for you rather than against you. Using the Energy Leadership Development System, which is a coaching program that was developed from the assessment, people not only understand their E-Factors, but can also raise them to increase success in their lives.

Schneider says, “At the time of its creation, I didn't fully understand all of the gifts and potential of the Energetic Self-Perception Chart. It was designed to build awareness of who we really are and how we can break through what holds us back from greatness. Now I know that the potential of this work is unlimited, and I'm thrilled to be a part of its further discovery and growth.”

Research Results by the Numbers

A blind research study asked 100 people who completed the Energy Leadership Index assessment to rate themselves on 14 indicators of success. Participants with an E-Factor averaging 3.0 (with a possible range of 1 to 7) reported higher ratings in 14 out of 14 of the success measurements, compared to participants who scored 2.5. This 100 percent correlation demonstrated empirically that a person's E-Factor directly correlates to these 14 success measurements.

Further, the significance of improvement in these categories was extraordinary, showing an increase of between 6 and 20 percent for every one of the 14 items. These findings were the product of only a half-point difference (from 2.5 to 3.0) in E-Factor scores. The difference in success ratings between E-Factors of 2.5 and below, and 3.5 and higher, were substantially greater.

Here are the **14 indicators of success** and the percentage of increase in ratings by participants with an E-Factor of 3.0, as compared to those with an E-Factor of 2.5.

- 20% increase in financial success
- 10% increase in self-described leadership ability – to motivate and inspire self and others
- 15% more satisfaction with, and quality of, interpersonal, social, and intimate relationships (3 items combined)
- 12% greater feeling of engagement/excitement at work
- 14% more personal time and feeling of freedom
- 9% improvement in the quality and depth of communication at home and at work
- 6% increase in health and wellness
- 16% increase in productivity
- 17% improvement in time management and efficiency
- 12% greater feeling of purpose and spiritual connection
- 15% improvement in work-life balance
- 20% increase in overall mental, emotional, psychological, spiritual and physical energy level

For more information, please go to www.EnergyLeadership.com

Sign Up Today! Call or Email

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