

The Get Real, Get Moving, Get Past It, coaching framework delivers results for leaders. Do you want to achieve performance breakthroughs? Do you want to achieve higher levels of productivity without feeling physically and mentally exhausted in the process? If yes, then Get Real, Get Moving, Get Past It is for you. In 12 hours and 12 weeks we will help you to build more confidence, form new habits, create lasting change and accelerate your productivity and performance.



### Masters

- Objectives, Strengths, Weaknesses
- Extended DISC

### Masters

- Key Takeaways from each Coaching Session
- Stop Start Continue

### Masters

- SMART Goals: 90 Day and 12 Months
- Personal Branding

This solution is managed by Trekker and powered by inoib

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CEO