LIFE PULSE ARCHITECT
Training & Certification Program

4 Training Workshops with option to add on
90 Days of Group or Individual Coaching

What is the Architect Program?: A quick overview.

The LP Architect program is a four-course training hosted one of two ways: online (for individuals) or in-person (for companies & teams).   During the program, each attendee will take an interpersonal look at their foundation in order to superpower their performance and feel more personally connected to the work they do. The goal? To boost results for the individual so they boost results for the company. It's that simple. We believe people with strong foundations that stick, get results that last. Check out the next pages for what each of the four session specifically delivers.

Session 1	Session 2	Session 3	Session 4
FOUNDATION Increase Bandwidth, Minimize Burnout	**POWER** Manage Weaknesses, Leverage Strengths	**GLUE** Discover Purpose, Eliminate Excuses	**ACHIEVE** Experience Success, Duplicate Results

Comment from Past LP Architect Attendee:

Yes I got a ton of valuable knowledge. Some things I have heard before, some I knew I should do, and a lot I never even would have thought of, but on top of all of that, I also received a new framework that allows me to self-recognize issues, self-direct solutions, and self-sustain the results.

It is a no-brainer. Anyone who feels they are busy, managing a lot, leading others, and wanting a life of fulfillment - this is the architecture needed.

Learn More Today

FOUNDATION

85% of ALL people at work are NOT ENGAGED or ACTIVELY DISENGAGED.

9 out of **10** workers prefer to interact in any way other than meeting because of LACK OF PERSONAL VALUE.

The **_FOUNDATION_** session is key to successfully implementing any system in your organization. After this program, your team will have a structure to be more intentional in all areas of their life, waste less time, and get more done with the time they have.

During the session attendees will...

- Gain an understanding of our customizable 9-part productivity system known as the LP.
- Walk through the systematic process of gathering thoughts prior to planning.
- Apply the 9-part process to their own unique roles and situations.
- Understand how to achieve success in all 4 of the "Vital Signs of Fulfillment".
- Practice using a tool that will help them tangibly see what's important to those around them.
- Gain an understanding of what is happening in others' lives with just one word.
- Walk through the process of how the LP can be used to enhance communication with their team both in and out of the workplace.

After the session attendees will...

- Gain 2-3 productive hours per day by implementing the LP system.
- Be able to more quickly strategize how to overcome roadblocks to effectiveness.
- Narrow down tasks effectively to boost focus and productivity.
- Feel more intentional each day that they use the LP system.
- Communicate more effectively with their teams both inside and outside of the work environment.
- Feel prepared and less overwhelmed for all team meetings and interactions.
- Uncover issues with tasks & projects before they escalate.
- Feel less stressed and more capable.

POWER

Showed an INCREASE of...

7%	15%	29%
in Customer Engagement	in Employee Engagement	in Profits

Based on a study of 1.2 million, businesses where employees demonstrated a powerful connection between their strengths development & business performance...

Showed a DECREASE of...

59%	16%	72%
in Safety Incidents	in Turnover (Low-Turnover Org)	in Turnover (High-Turnover Org)

This is our **_POWER_** session. Now that they have a foundation and a plan to achieve their goals, attendees can fully develop themselves and access their maximum power. This is where we unlock employees' interpersonal strengths and teach them how to leverage these strengths to get more out of the life they have.

During the session attendees will...

- Gain an understanding of the internal strengths that they have bottled up due to lack of awareness (40% rule of Navy SEALs).
- Position strengths to experience outcomes they want faster with less stress.
- Differentiate between their true core values and just things they "want".
- Understand how to set up their weekly plan according to their core values, so they will naturally give all needed to complete tasks.
- Articulate & define their core values.
- Practice a system for focusing on the important things and disregarding distraction.
- Analyze how to control their actions in any situation.

After the session attendees will...

- Increase the likelihood of completing the tasks they have set to achieve that day.
- See a boost in confidence and a decrease in self-doubt when it comes to their daily schedule.
- Be able to articulate what is important to them to their fellow team members.
- Foster a culture of individuals who know their strengths and are confident to be assigned to tasks accordingly.
- Be able to articulate their strengths to management more effectively.
- Approach conflict differently &implement resolutions more quickly than before.

GLUE

60% of employees say that, in a role, the opportunity to do what they do best is "very important" to them.

90% of executives say focusing on PURPOSE in the workplace ENHANCES results & employee engagement, yet only **46%** said they implement it.

Organizations where employees feel their purpose is connected to their job experience...

⬆	⬇	⬆	⬇
15%	**24%**	**20%**	**13%**
in Sales	Unscheduled Absence	in Profit	Employee Turnover

The third session is the **GLUE** to the system. Attendees clearly see their position in your organization as a perfect vehicle to live the life they want to live. At this point, attendees are able to take all that we teach and start seeing that they can live out their purpose by actively contributing to your organization.

During the session attendees will...

- Build awareness of the difference between passion and purpose.
- Build an understanding of the "purpose" of the company and the value of their position in the company.
- Hear a strategy for unlocking their purpose inside and outside of the workplace.
- Analyze the question "Why are you here?" and spend time developing a response.
- Learn how to connect their purpose with their daily tasks.
- Create a personal filter to use when making a decision.
- Walk through the process that will allow them to narrow their purpose down to one sentence.

After the session attendees will...

- Always know what decision to make in life no matter the level of difficulty.
- Know how to tie their purpose to every task they have and be able to find fulfillment in all they do.
- Be able to connect their current role with their purpose and use it as a road map for their career.
- Articulate their purpose clearly.
- See an even greater boost in productivity than before.
- Experience a decrease in confusion when it comes to decision-making and advancement in the workplace.
- Show an increase in expressed gratitude.

ACHIEVE

Only 2 in 10 employees strongly agree that their performance is managed in a way that motivates them to do outstanding work.

30% of employees strongly agree that their manager involves them in goal setting.

Only **21%** of employees strongly agree they have performance metrics that are within their control.

Employees who are involved in goal setting are more engaged by nearly **4X**

Setting goals is something you can read about in a book. Our ACHIEVE session focuses on achieving goals both inside and outside of the workplace. We offer proven exercises, techniques, & programming that can be done to increase the likelihood of achieving any goals your employees set together or individually.

During the session attendees will...

- Practice the most effective way to set goals that launch you into achievement.
- Analyze how to stay on track (or get back on track) during the goal achieving process.
- Gain an understanding of the science behind achieving goals & increasing success.
- Study the proper way to set goals in a team environment & the responsibility structure in team-goal setting.
- Understand the difference between goal setting and goal achieving.
- Learn the difference between getting everything done and getting the right things done.
- Learn the system to balancing goals in order to live a balanced life.

After the session attendees will...

- Understand how to build and execute the 90-Day Goal Rush and Motivation Management program.
- Increase the likelihood of achieving any goal by at least 42%.
- Be able to objectively prioritize their tasks in all areas of life.
- Minimize their overall risk of failure through LPI accountability techniques.
- Feel accountable to themselves and others for all goals in their life.
- Have (or be able to create) a visual representation of individual and team goals to foster a culture of support and achievement rather than competition and failure.