

TOTAL IMMERSION RETREAT: HIGH PERFORMANCE HABITS



Held at the Historic Holt Lake House on Catawba Island

Experience the joy and confidence of consistently living from your best self. Invest in yourself and learn the tools and science behind high performance habits – *the habits that move the needle most* -- to get you from where you are to where you want to be.

This is a small, intimate, intensely energizing 3 ½- days for a maximum of 4-5 women to launch positive changes in their personal lives and make rapid advancement in their professional lives.

To reserve your space please call 419-262-3717, e-mail alison@alisonlanzafalls.com or DM on Facebook.

The **Total Immersion Retreat in High Performance Habits** is designed for women to dedicate the time to go deeply within and ask questions we rarely take the time to contemplate, including – who are you when you are at your best, what are your dreams, your values, and your purpose? Discover new techniques, decide on the 3-4 changes you are committed to make to move the needle for your personal performance. Most importantly, collaborate and learn with women with a “growth mind-set.” It is a transformational professional development conference for renewal and investing in yourself.

While most of us have big goals and dreams, we can, from time-to-time, be overwhelmed by stress and uncertainty. Without the tools to turn things around, we don't realize our dreams soon enough.

This course is exclusively offered by coaches, like me, who are certified by the High Performance Institute.

I am committed and honored to be your Certified High Performance Coach™.

We will be taking a deep dive into the 6 Secrets of the Most Successful People in the World.

The 6 High Performance Habits are:

Clarity, Energy, Necessity, Productivity, Influence and Courage.

Then we go even deeper into the Pillars of High Performance™ and ask:

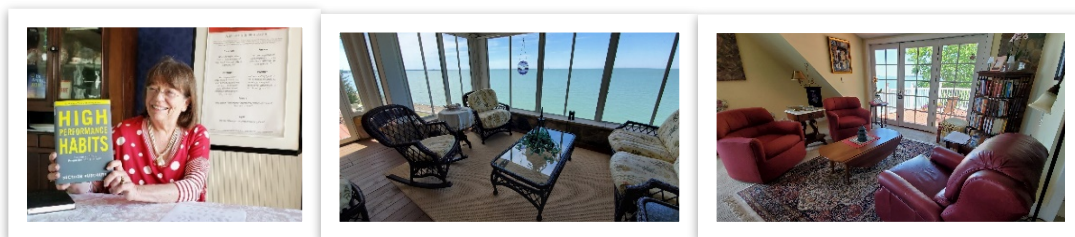
- **Physiology:** Am I rested and fully hydrated? Am I speaking with passion? Do I have the energy I deserve and need to lead?
- **Psychology:** Am I living my truth? What are the 3 words that define who I am as a person and am I living those words?
- **Productivity:** What is my mission today? What am I looking forward to?
- **Persuasion:** Am I developing influence? Am I demonstrating bold enthusiasm when I seek to influence others?
- **Presence:** What level am I, in this moment, in terms of my emotional and physical vibrancy and presence?
- **Purpose:** How can I stay on purpose and serve greatly now?

I trust you feel the energy and the excitement of the work we will do together.

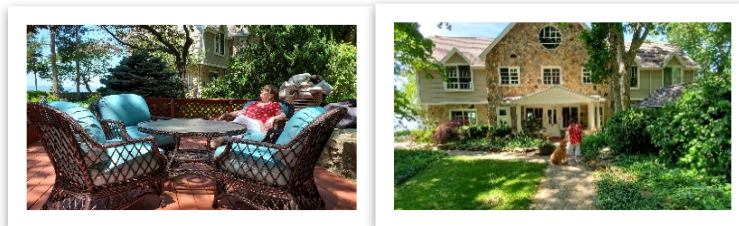
Prior to the Retreat we will connect for a private, one-on-one, 1-Hour Strategy Session conference call.

On Thursday evening we will gather for a social hour and introductions.

Starting at 9 A.M. Friday through noon, Sunday, the **Total Immersion Retreat in High Performance Habits** will intersperse 1-hour sessions of coaching and discussion with 1-hour breaks for self-reflection, journaling, walking and meditation.



- We will meet in my conference room for each 1-hour working session.
- We will take a break for 1-hour. It is your choice – your opportunity to reflect, continue the homework assignment, walk the paths, or meditate in my loft overlooking Lake Erie.
- We will have FUN and absorb all the restorative benefits that connecting with nature and people offer us.
- On Sunday morning you will craft our personal Purpose Statement and we will close with a final lesson where you will pull together all the lessons learned.
- We will close with a beautiful catered brunch on Sunday on the deck.
- Yogi, my friendly lab, and I will say “So long...thank you for investing in yourself and trusting the process. We love you.” To be continued....



After the Retreat, we will schedule a follow-up private, one-on-one call to discuss how your plan is coming together, solidify your commitment to high performance and answer any further questions you may have.

See what people are saying:

- *“The total immersion retreat was truly the perfect time to not only learn about yourself but to focus on digging deeper into your personal and business goals. It allows you to slow down your hectic life and zero in on you. It’s like a spa retreat for your goals!!” MB, entrepreneur, OH*
- *"Alison is an inspiring, thoughtful, peaceful and experienced coach. The focused High Performance Coaching Retreat was valuable, intense, personal and outcome driven. I highly recommend making the time in your life and career. " C.G. marketing executive, CA.*

- *“Thank you for the life-affirming experience of working with you as a High Performance Coach. Our time together helped me to focus and clarify my purpose and goals and to develop skills to accomplish them. My confidence and productivity have increased immeasurably.” D. L. writer & editor. OH*
- *“This Retreat has made an everlasting impact on my life. I have learned what it takes to live with purpose. Thank you, Alison, for this experience.” E.G., horticulturist, OH.*
- *“The results were powerful and meaningful. How Alison coaches is from a place that encouraged me to dig deep and really look at who I am and how I am. The results of these lessons are already changing my life.” B.G., digital marketing entrepreneur and public servant, OH.*
- *“This Retreat was impactful, meaningful, and inspirational. Over the course of 3 days, I not only discovered my purpose – I found peace and happiness. Thank you, Alison for giving me the tools to live each day with purpose and meaning. Namaste.” C.S., V.P. large nonprofit organization, OH.*

The fee for the **Total Immersion Retreat in High Performance Habits** is \$1,197. This fee includes the course fee, reception on Thursday evening, lunch each day and Brunch on Sunday. Travel and accommodations are not included. However, there are 3 B&Bs in easy walking distance to the Lake House and references for other accommodations in the area are available.

To sign-up, please call 419-262-3717, e-mail alison@alisonlanzafalls.com or DM on Facebook.

This IS your time!

Alison Lanza Falls

Certified High Performance Coach™



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Agenda: Total Immersion Retreat

Pre High Performance Retreat: Focal Points: Certified High Performance Session # 1. This is a 1-on-1 conference call to be scheduled at our mutual convenience, 1-2 weeks prior to The Total Immersion Retreat. This will allow you to experience the framework and provide me with input to start to know your perspective and your personal/professional objectives for The Retreat.

Thursday, Meet and Greet

6:00-8:00 P.M.: Introductions & Social Hour

Friday, Lesson # 2 Through Lesson # 5

9:00 - 10:00 A.M.

- **Seek Clarity: Certified High Performance Coaching™ Session #2**

10:00 -11:00: Open for journaling, discussions, meditation, etc.

11:00 AM - Noon

- **Generate Energy: Certified High Performance Coaching™ Session # 3**

Noon – 1:30 P.M.: Catered Lunch and Break

1:30 - 2:30 P.M.

- **Demonstrate Courage: Certified High Performance Coaching™ Session # 4**

2:30 - 3:30 P.M.: Open for journaling, discussions, meditation, etc.

3:30 – 5:00 P.M.

- **Increase Productivity: Certified High Performance Coaching™ Session # 5**

Saturday, Lesson # 6 through Lesson # 10

8:30 - 9:30 A.M.,

- **Develop Influence: Certified High Performance Coaching™ Session # 6**

9:30 - 10:30 A.M.-- Open for journaling, discussions, meditation, etc.

10:30 - 11:30 A.M.

- **Psychology Mastery: Certified High Performance Coaching™ Session #7**

11:30 – Noon: Open for journaling, discussions, meditation, etc.

Noon – 1:30 P.M.: Catered Lunch

1:30 – 2:30 PM

- **Physiology Mastery: Certified High Performance Coaching™ Session #8**

2:30 – 3:30 PM: Open for journaling, discussions, meditation, etc.

3:30 - 4:30 PM:

- **Productivity Mastery: Certified High Performance Coaching™ Session #9**

4:30 - 5:00 P.M.: Open for journaling, discussions, meditation, etc.

5:00 – 6:00 P.M.

- **Persuasion Mastery: Certified High Performance Session # 10**

Sunday, Lesson # 11

8:30 – 10:30 A.M.

- **Purpose Mastery: Certified High Performance Coaching™ Session # 11**

10:30 – Noon

- Catered Brunch
- Wrap-Up
- Open Discussion
- Next Steps

Post High Performance Retreat: Commitment to High Performance: Certified High Performance Session # 12. This is a 1-on-1 conference call to be scheduled at our mutual convenience, 1-2 weeks after the conclusion of The Total Immersion Retreat.

The Retreat Materials, Resources and Gifts for You

- Your High Performance Habits Workbook, with Worksheets for every Session and a Personal Journal.
- Your signed copy of *Be Happy NOW! From Wall Street Ambition and the Illusion of Success, My Path to Happiness* by Alison Lanza Falls and David S. Prudhomme.
- Your copy of *The Motivation Manifesto: 9 Declarations to Claim Your Personal Power*, by Brendon Burchard.