



LIFE AND SUCCESS COACHING FOR PERSONAL AND PROFESSIONAL DEVELOPMENT

IMPROVE YOUR QUALITY OF LIFE

Discipline is the prerequisite to having the life you want. The amount of discipline you possess determines the level of happiness, success and ultimately the overall quality of your life.

The top challenges are:

- **Failed goals**
- **Ineffective time management skills**
- **Lack of motivation**
- **Burn out**
- **Inconsistency**
- **Missed commitments**
- **Procrastination**
- **Lack of structure**
- **Stress**
- **Lack of productivity**
- **Lack of balance**
- **Lacks vision and strategy for life**

Whether you are looking to learn a few self-motivation techniques and find inspiration in working with a seasoned self-discipline expert, or are interested in completely overhauling and restructuring your life for maximum productivity, this 1-on-1 mentoring program includes a formal Personal and Professional Growth Program (P²GP) designed specifically for you.

Combining extensive goal-setting and evaluation, crystal-clear objection development, and rigorous follow-up from your mentor, the P²GP is your ultimate resource to achieving a superb level of productivity and accomplishment.

Harris Kern's personal and professional coaching technique is designed to help you:

- Effectively manage time
- Consistently accomplish your goals
- Establish only 2 priorities and adhere to them
- Become an effective leader
- Improve the quality of your life
- Train your mind to effectively manage your life
- Be more productive

No other one-on-one coaching program compares to this approach. This unique offering features Harris Kern who walks the talk as your coach:

- Background
 - Over 20 years of leadership experience
 - Over 30 years of mentoring experience
- Accomplishments
 - Authored and published over 40 books
 - Financially established at the age of 38
- Lifestyle
 - Sleeps only 4 hours per night for over 25 years
 - Exercises 7 days a week for over 35 years
 - Lives life with a sense of urgency mentality for maximum results
 - Passionate about helping others acquire discipline

POTENTIAL PARTICIPANTS

- Executives, mid-level managers and aspiring managers
- Parents
- Career-minded individuals of different ages, rankings and experience levels
- Instructors and educators

P²GP PHASES

- Assessment
 - 4 hours
- Strategy and roadmap development
 - 8-12 hours
- Ongoing Mentoring and close monitoring
 - 2 hours per week

COST

- Each program is customized to an individual's specific needs. Pricing will depend on the specific program required and will be determined during the initial consultation.

*** *Discipline is the defining element in your life. With it you can achieve anything; Without it, you will struggle to exist* ***

-Harris Kern