

LIGHTBEARERS

“Realize, Refine, Revitalize”

A 3-months personal discovery and consciousness elevation program to develop your awareness for breakthroughs and impact in leadership and life.

- Free yourself from unconscious hang-ups that take energy and time away from you and your purpose.
- Upgrade yourself from “doing” to “being” and achieve better results in your management and relationships with less energy and time.
- Discover new possibilities in your life by breaking through unconscious limiting beliefs and uncover the keys to successful culture shift in your operating environments.
- Develop deeper empathy for those in your life through experiencing your own deep human.

Suitable for: Entrepreneurs, Executive Coaches, C-suite Leaders, Senior Leaders, Diversity & Inclusion champions, Corporate Wellness Leaders, Corporate Purpose champions, Non-profit Leaders, Philanthropists, Change-makers, open-hearted politicians/aspiring politicians.

Program consists of the following:

3 sessions: Private 1-to-1 coaching session in-person or online with [Coach Carrie](#) to discover what you can heal yourself from to experience more inner peace and freedom.

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4 Group Sessions (can be conducted over a 2 day retreat):

- Authentic Communication for Enhancing Relationships and Team Culture.
- Understand the different voices that trip you up and/or serve you well in your life. Learn how you can transcend your inner critic.
- Identifying “sabotage-cycles” – unconscious patterns of behavior behind the good things that *didn’t* happen in your life. (And how you can now make happen.)
- Facilitated peer-learning session on unconscious values and beliefs. Understand what causes inner conflict and free yourself to gain ease and harmony in your daily interactions, commitments, relationships and aspirations.

Session 8:

1 private integration coaching session with Coach Carrie, date and time to be arranged with each participant.

Throughout this program, participants also access:

- Opportunities to network and connect deeply with other leaders who aspire similarly towards self-actualization.
- Individualized guidance, homework, exercises and contemplations tips from Coach Carrie for your personal self-awareness elevation journey.

Program Cost: Contact CoachCarrie@lbinc.co