

GET UNSTUCK

Leading Yourself Forward

You applied. You were accepted. You made a decision. That decision is the first proof that this program is going to work for you.

Get Unstuck — Leading Yourself Forward is a six session group coaching program for wellness and coaching practitioners who are capable, committed, and stuck. Not stuck because something is wrong with them. Stuck because the gap between who they are and how they are currently positioned has not closed yet.

That gap is what this program closes.

Six sessions. Concrete outputs at every step. A complete business foundation built from identity outward — yours to own and operate from the moment the program ends.

SECTION 1 · WHAT YOU WILL BUILD

Each session produces something you own. Not notes. Not ideas. Concrete, written outputs that connect to each other and accumulate into a complete positioning foundation.

01 Session 1 · Self Leadership

A leadership decision and a clear diagnosis of what has been keeping you stuck. The first act of leading yourself forward.

02 Session 2 · Identity

Nine words that describe who you are as a practitioner, and a positioning statement built from them. The identity everything else is built on.

03 Session 3 · Who You Serve

Your ideal client statement. Not a demographic, but a specific person with a specific worldview who is already looking for what you offer.

04 Session 4 · Choose Your Lane

A strategic commitment to where you go deep first. Your lane, your first offer structure, and a 90 day action plan.

05 Session 5 · Container: Customer Journey Model

Your Customer Journey Model — the arc from discovery to yes. Four journey archetypes, five touchpoints, one access point. The container that delivers your work to the right person.

06 Session 6 · Momentum and Reflection

Everything brought together. Your six decisions integrated. A 90 Day Leadership Compass. A Letter to Your Future Self. A declaration made in front of the cohort. The program ends with a foundation you own permanently.

What you leave with:

An understanding of who you are as a leader. A positioning statement. An ideal client statement. A lane declaration and first offer. A Customer Journey Model. A 90 Day Leadership Compass. A Letter to Your Future Self. Confidence in making decisions. And a cohort who witnessed every step of the work and will hold you to your commitment.

SECTION 2 · HOW THE PROGRAM WORKS

Every session follows the same rhythm. You will know what to expect from the start. That consistency is intentional. It reduces cognitive load and lets you put all your energy into the work itself.

01 Before Every Session

Pre Work arrives 48 to 72 hours before the session. It takes 20 to 30 minutes. The questions surface the raw material the session needs. The more honestly you answer, the faster the session moves. Complete it in the portal at leadingyourselfforward.com.

02 During Every Session

90 minutes on Zoom. Opening frame, teaching, silent work on your worksheet, two hot seats where participants work live with the coach, and a commitment close where every person names a decision and an action before leaving.

03 After Every Session

Two things arrive immediately: a Post Session Commitment form that locks your key output, your decision, and your next action, and a 72 Hour Bridge — one specific move you make in the real world before the next session. Both are submitted through the portal.

04 Between Sessions

Slack is the communication channel between sessions. Weekly check ins, questions, and wins. It is not a coaching channel. It is a support and accountability structure. Responses within 24 to 48 hours, not in real time.

SECTION 3 · PARTICIPANT EXPECTATIONS AND STANDARDS

This program works when you take ownership. Not when you show up hoping something will shift — when you decide something will shift and act accordingly.

YOU ARE EXPECTED TO:

- ✓ Complete pre work before every session
- ✓ Be present and on camera during sessions
- ✓ Make decisions during sessions, not after
- ✓ Take the 72 Hour Bridge action every session
- ✓ Post your weekly check in in Slack honestly
- ✓ Submit the post session form after every session
- ✓ Bring honesty, not performance

YOU DO NOT NEED TO:

- Have it figured out before you arrive
- Get everything right between sessions
- Have a perfect answer during hot seats
- Know where the program is going next
- Wait until you feel ready to take action

SECTION 4 · YOUR ROLE AND OUR ROLE

The program is a shared structure. You lead your progress. We lead the container.

WE WILL:

- ✓ Provide a clear, structured container
- ✓ Guide you toward decisions
- ✓ Hold you accountable to your commitments
- ✓ Challenge your thinking directly
- ✓ Keep sessions focused and forward moving

WE WILL NOT:

- × Chase you for participation
- × Solve your business problems for you
- × Provide open ended or constant support
- × Repeat sessions for those who missed
- × Increase support when you are struggling

The participation standard:

The program supports those who move. Not those who wait. If you do not complete pre work, do not take action between sessions, or do not engage, you will receive less from the program. This is not corrected by increasing support. It is corrected by re engaging.

You do not need to be perfect. You need to be willing.

SECTION 5 · THE TOOLS YOU WILL USE

Four tools. Each one has a single role. Once you know what lives where, the system runs without friction.

Zoom Live sessions

Where the program happens. One consistent link for all six sessions — it will be in your calendar invite. Camera on. Be on time. Sessions are not repeated.

The Portal Your hub

leadingyourselfforward.com is where everything lives. Your pre work forms, session worksheets, post session commitment forms, 72 Hour Bridge forms, and session guide downloads are all here. Every submission you make is recorded here. This is your official record for the program.

Slack Between session communication

The cohort channel. Weekly check ins, clarifying questions, and wins. Not a coaching channel — a support and accountability space. Responses within 24 to 48 hours, not in real time.

Calendly Scheduling

All six sessions are scheduled upfront. You have the dates. There is no back and forth. Show up.

SECTION 6 · SLACK COMMUNICATION STANDARDS

Slack is the cohort's central communication space between sessions. All announcements, check ins, questions, and wins happen here. Responses are provided within a defined window, not in real time.

SLACK IS USED FOR:

- ✓ Announcements and session reminders
- ✓ Weekly check ins
- ✓ Clarifying questions (action based)
- ✓ Sharing wins, breakthroughs, progress

SLACK IS NOT USED FOR:

- Deep coaching conversations
- Long back and forth problem solving
- 1 on 1 support outside of sessions
- Questions without accompanying action

Support follows action and effort.

SECTION 7 · THE HOT SEAT

What it is and how to prepare.

What a hot seat is

A focused, live conversation between you and the coach in front of the group. The coach reads back your pre work or worksheet, asks one question that creates movement, and helps you reach a decision or clarity. It is not therapy. It is not an interview. It is a decision facilitating conversation. The group is not an audience — they are learning alongside you. What gets surfaced in your hot seat is almost always relevant to someone else in the room.

What it is not

A performance. You do not need to have the right answer. You do not need to be articulate or polished. You need to show up honestly with where you actually are. The most useful hot seats arrive with genuine uncertainty. The work of the hot seat is to move through that uncertainty to a decision.

How to get the most from it

Complete your pre work and worksheet as honestly as you can — that is what the coach works from. If you are in the seat, listen to the question before answering. Take a breath. The first answer is often the truest one. If you are observing, stay fully present. What you hear in someone else's seat will show you something about your own work that you would not see otherwise.

SECTION 8 · WHAT SUCCESS LOOKS LIKE

You are successful when you make clear decisions, take consistent action, build something real, and move forward without second guessing.

01 Clear decisions made

You leave every session with a named decision — not a plan to think about it more. Decisions are the output. Everything else follows from them.

02 Action taken between sessions

The 72 Hour Bridge is not optional. One specific, visible move in the real world before the next session. Not strategy. Not research. Action.

03 Outputs completed and owned

Every session produces a concrete written output. Your positioning statement. Your ideal client. Your lane. Your Customer Journey Model. Your Compass. These belong to you permanently.

04 The program complete

By Session 6 you have your 90 Day Leadership Compass, your Letter to Your Future Self, and a declaration made in front of the cohort. Success is measured by movement, not understanding.

SECTION 9 · YOUR FIRST STEP · BEFORE SESSION 1

The program begins before you show up to Session 1. Here is what to do now.

01 Accept Your Calendar Invites

All six sessions are already scheduled. Accept every invite now. Block the time. Treat these dates as fixed, not provisional.

02 Join the Slack Workspace

You will receive a Slack invite separately. Join and post a brief introduction in the cohort channel — your name, what kind of practitioner you are, and one sentence on what you are hoping to get unstuck from. This is your first act of showing up.

03 Log Into the Portal

Go to leadingyourselfforward.com and log in with the credentials in your welcome email. Locate Session 1. Familiarize yourself with how the portal works. You do not need to complete anything yet — just know where it lives.

04 Complete the Session 1 Pre Work

It will arrive 48 to 72 hours before Session 1. Set aside 20 minutes to complete it honestly. The questions are not comfortable — that is intentional. The discomfort is where the work begins. Submit through the portal when complete.

One last thing before Session 1.

You do not need to arrive with clarity. You need to arrive with honesty. The program will do the rest.

The work starts now.