

The Personal Foundation Programme

Get into Action and Achieve Results Fast!

Breakthrough old habits and achieve what you really want!

A 3-month, 12 Weekly sessions, 25 Module –

Personal Development Programme

With your personal Coach Richard Bisiker

To ensure you IMPLEMENT all that you have learnt.!

The Personal Foundation Programme helps you create a strategic action plan that brings you back to a clearer vision of your future.

Providing a safe, confidential place to share ideas, without fear of judgement or unwarranted 'advice', the programme provides a professional approach with incisive questions, helping cut through the 'stuff' and clearly lay out the truths.

What you decide to do with these truths is your choice. But you can be sure that you will receive motivation and accountability to partner you through the process.

Books, tapes and seminars don't work; even our books, tapes and seminars don't work - *by themselves!* This is what the research says. The failure to implement is due to lack of motivation, commitment and accountability.

We all perform better when we are accountable. The reason our coaching programme gets big results is because we provide a structure of accountability, training, support and questions that allow you to learn; to choose more clearly and accelerate your growth both professionally and personally.

Our Personal Foundation Coaching Programme helps bring a level of simplicity and confidence that makes it increasingly easier to reach bigger and bigger goals, with greater levels of energy, enjoyment and satisfaction of life.

Support Structure

This programme is not easy; in fact, it is challenging. But that's why I have arranged a great support structure to help you complete the programme more quickly with other like-minded people who are all looking out for you – together we will have a much more enjoyable time as we work the programme.

What to Expect

During the coming months, here are some of things that you can expect to happen amongst the group, perhaps not all will happen to you, but many will. They are that predictable.

- Your priorities will change. What you thought was important will be less or even more so.
- Your friends/community will upgrade. You may visit several friends/family less often and not stay as long!
- You will take better care of yourself, even if you are taking good care of yourself now.
- You will have more energy, though at first you might be dragging.
- You will be discouraged. Remember, you are making fundamental changes.
- You will expect more of others, and of yourself. You may even get demanding.
- Your life will get simpler, easier and less stressful.

How Do We Do It? The Group Coaching Session calls can be done via your computer with its microphone and speakers or with your mobile or landline. We use a UK standard line rate. I'll email you the number and passcode for each session. The group coaching call will last between approximately 45-55 minutes.

Why Try To Do It On Your Own?

Of course, you could try to implement these principles on your own - but in reality most people don't.

With so many distractions and demands on your time priorities can easily become ambushed or sabotaged. It takes support and provocative insights to develop new changes into successful habits.

Making changes with a dedicated supporting coach ensures all your great ideas get implemented and everything else gets screened.

The end result? All positive developments are locked in with consistency.

Personal Foundation Programme

An individual's personal foundation is your structural basis that supports you in living an exceptional life. Just as a house must be built on a strong foundation to avoid collapsing under stress, so must your life.

Accomplish more... Be more...

Benefits

By fully participating in the material offered in this section, you will gain an overview of what a personal foundation is and how it relates to the overall process of personal growth and development. You will broaden your awareness of how you are currently living your life. This awareness allows you to make choices that are in alignment with your purpose and values, rather than react to circumstances.



This programme is designed to allow you to:

- **Determine** where a strong personal foundation fits within the context of personal growth and development
- **Discover** how a strong personal foundation allows you to easily accomplish much more
- **Pre-Pave** the path most conducive to developing a strong personal foundation and future fulfilment.



Anyone who is living a meaningful life must have a strong personal foundation so they can afford to look up at the stars instead of down at their feet. Having a strong personal foundation allows a person to fully use their skills and resources. Instead of constantly worrying about the fundamentals of their life, they are free to focus on the task at hand. The process of building a personal foundation also teaches a person how to eliminate and prevent many common problems that are usually thought of as an expected part of life.

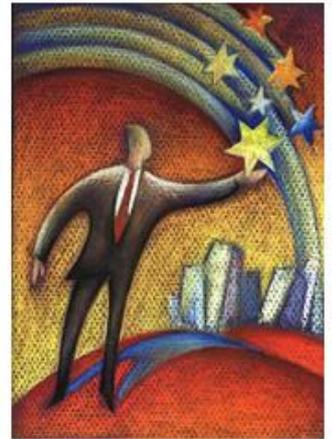
Where can you go for help in this area? A master coach is uniquely trained to help clients strengthen their own foundation, and is a model of how well the process works.

A skyscraper doesn't start at street level. In fact, the taller the building, the deeper the foundation. This holds true for people, too.

You are starting a deliberate process to strengthen every part of your personal and professional life. You should be excited and ready to do this! (If not, find out why not and fix that.) Hundreds of people just like you have used this programme and have helped us to make it user-friendly, effective and fun. Just think, you get to be very, very selfish for the next 12 months and focus on you for a while, while building yourself and your life from the inside out so that it becomes sustainable, easier and more rewarding. The Personal Foundation Programme is a comprehensive, coordinated approach to significantly enhancing the quality of your life. You will not be the same after completing this programme.

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What's in The Programme?

- 12 Coaching sessions spread over 3 months, with email and What's App support.
- 25 Modules of insights and activities, designed to make sure you REACH your PEAK PERFORMANCE
- 10 Personal Individual Assessments to compare where you are to where you want to BE
- 3 Quarterly Follow Up Sessions to support you and complete a year's worth of staying on track.

Worth...£££

Worth of 12 sessions of 3 Monthly Executive Coaching
£360 per month = £1080

25 Programme Materials worth = £200

10 Personal Assessments worth = £25 each
Total = £250

3 Executive Coaching Sessions over the year = £360

Programme Worth = £1,890

Your Actual Investment
• **£450 + vat (Total £540)**



Life Your Life!

We will start on

Thursday Dec 1st at 8.30pm so this won't interfere with your working day or early evening routines. Come 8pm get ready to have some "Me Time". The 12 calls are then every week Thursday at the same time and will be recorded so if you miss one, you can log on to your computer and listen/watch anytime to suit you.

Many people now use Group Tele-conferencing with computer viewing as the best way to work across the country and a fun way to work together in groups which is more cost effective for you and less time consuming than physically attending seminars or workshops.



Set Your Goals

Small Groups

The groups will be small, just a handful of colleagues so you can get to know each other and to help you do that fast you will be asked to submit a small introduction paragraph about yourself with a picture and be encouraged to share as much (or little) as you want in between on the What's App group that we will set up.

The programme being delivered today is taken from a tried and tested proven path. It is a combination of the right materials, the right delivery, with the right accountability.

This programme will assist you:

- To try on new positive ideas and break through old negative habits
- Take better control of your life and relationships
- Become proactive rather than reactive
- Increase confidence and self esteem
- Be more organised
- Achieve direction in life/career
- More positive attitude
- Less worry/anxiety/more focus
- More independence and assertiveness



Enjoy Your Friends

Well, there you have it -- some of the things to expect during and after this programme. The best way to enjoy these changes is to get that you are putting yourself first in this programme and that this will both ripple and ricochet.

Payment: You can pay by Debit/Credit card, PayPal or bank transfer. An invoice can be produced for you, and you will get an email to confirm your payment has been processed. You can reserve your seat in the group instantly by return email, but only on full payment will it be guaranteed as yours.

The Personal Foundation Programme

your questions...

What if I don't want to earn any more money?

The Personal Foundation Coaching Programme isn't about more money. It's about greater success, satisfaction and significance in all areas of your life - for the rest of your life. Increased money is invariably one of the results of the Programme but only to accomplish much more important goals.

What if I am already doing really well?

Relatively speaking, every one of my members is doing really well before he or she begins the Programme. The question is, do you have bigger goals? The Support Programme is for people who constantly establish a higher level and jump up to it - using all available resources.

What if I already have my own system for success?

This is true for everyone who joins the Programme. I provide a personal and professional system that allows you to compare yourself and explore gaps or ideas that are tried and tested that have evolved from working with thousands of successful people. It's a system that enables the best to explore how to get even better.

Can I wait until I'm more organised?

You'll wait a long time. Right now you have no incentive to get more organised, or any different solutions for doing it. The moment you come into the Programme, your incentive and capability for getting your life organised will jump through the roof. It's your choice: the long way or the short way.

What if I can't afford the time?

By working through the programme you'll learn how to free up your time for more personal growth. Not only can you afford the time for the Programme, but also by participating in our Coaching you'll discover how to make time available for everything that's important in your life. Many clients find that they are able to take up activities and interests that once seemed like impossible dreams.

client testimonials...

"I have gained greater self-reliance self-esteem, and self-confidence. Personal Summits Coaching has helped me to understand aspects which enable me to fulfil my goals, to understand people and personalities and how to get the most from my team."

Angela Jain: Siemens Mobile Phones U.K.

"I'm really glad I invested in you at the beginning of my path. As a matter of fact, I really feel I attract my ideal clients and have my ideal life as a result of being coached by you and your book. I just wanted to let you know that the time we coached together really impacted my life and way forward. Thanks."

Elizabeth Kruempelmann: Director, Global Citizen Coaching, Germany

"Richard's coaching has offered a confidential support for me to brainstorm sensitive issues, and provided me with feedback on my own approach and styles. Your support to me over this period has been key to my success. Thank you."

Sue Billington: Head Programme Director, British Telecomms

"My goal was to find out more about myself and what I really want in life. I had not made any goals, I felt I was not in control of my life, finances and emotions, I just didn't know what I wanted to do. With the coaching programme I have now made goals for the future. I feel better about myself generally. I feel more in control. I am ready to move forward with my life. I have become clearer about my career and have started learning new things. The big win was getting my life in order and clarity of my values, needs and finances."

Melinda Swart: Systems Analyst, London

"I have achieved much improved relationships with my clients, improved utilisation of my time, a better knowledge of my own strengths and weaknesses, and developed strategies for dealing with difficult or confrontational situations. I now find my work easier and more satisfying because I have confidence that I am going about it in the right way. More tangible effects are improved cash flow from clients and improved productivity."

Susan Whiting: Partner, Dean Stathams Accountants, Stafford

*Making a breakthrough
in growth*

*keeping a balance in
life*

*and enjoying more free
time*

*will require locking-in
new habits, capabilities
and structures.*