



G T A C O N S U L T I N G , L L C

BE BRAVE. BE YOU. BE TRANSFORMED.

Program Guide



Lead with Clarity, Confidence, and Connection

AccelHER

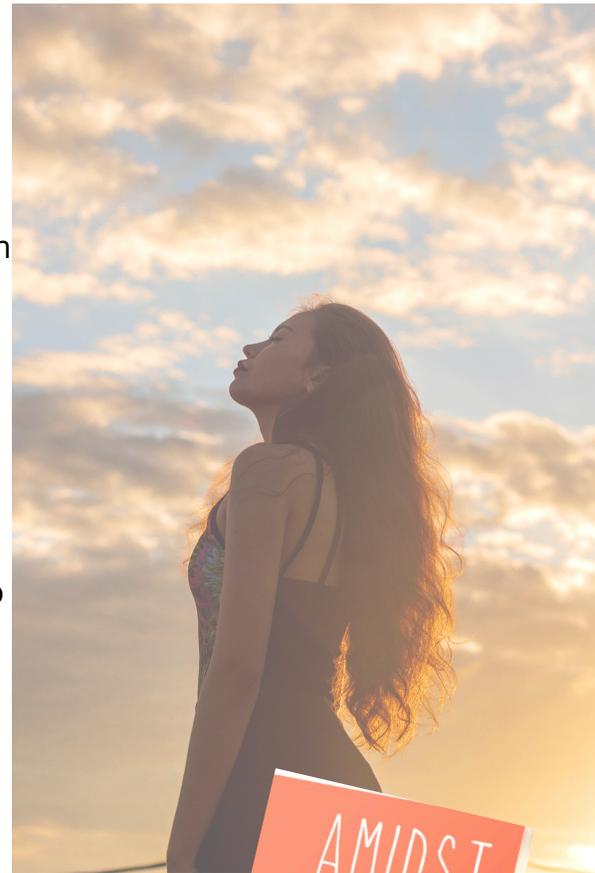
"Someone somewhere will say, 'Don't do it. You don't have what it takes to survive in the wilderness.' This is where you reach deep into your wild heart and remind yourself, 'I am the wilderness'." Dr. Brene Brown

HIGHEST POTENTIAL LEADERSHIP

The GTA *AccelHer* program is designed to help the woman who is **struggling to stay inspired** because you are overwhelmed, stressed out, or emotionally disconnected. This 10 week course will identify your untapped potential and equip you to lead from a place of clarity, confidence, and connection.

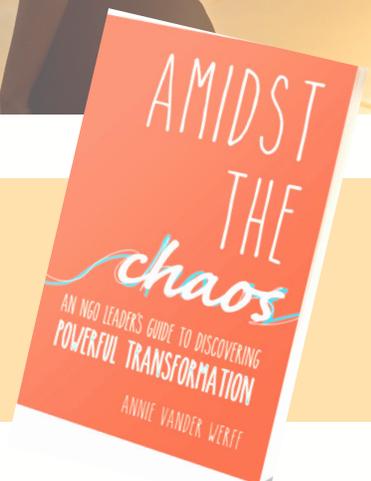
Indifference, indecision, doubt, worry, overcaution, and pessimism, are the 5 diseases seeking to destroy our highest potential. Through the *AccelHer* program, these can be overcome.

AccelHer is an intense coaching experience carefully designed to excel you into your highest potential. It **empowers women** (who are running on empty), to lead healthier teams, produce better products, and understand themselves in a way that allows them to live their highest potential. They lead with confidence, clarity, and connectivity. Are you ready to be refueled to **authentically lead with purpose and clarity?** Join *AccelHer!*



"Regenerate is a great tool to help us remember that you cannot impact your world, you cannot lead and serve, if you are not taking the necessary time to nurture your own soul."

~ Matthew Perez, Pastor





"You have a gift... don't keep that gift in the shadows." - Dr. Dustin Behn, *Inspired Nation*

"Every man and woman is born into the world to do something unique and something distinctive and if he or she does not do it, it will never be done."

- Dr. Benjamin May

Wondering if *Accel***HER** is for you? *Ask yourself:*

1. Am I ready to stop running on 'E' and live my life fully charged through balance, authenticity, and purpose?
2. Am I fully using my unique voice to empower any conversation I take part in?
3. Have I exchanged my interests, passions, and beliefs with negative views about myself?
4. Am I craving deeper connection and confidence with family, friends, and colleagues?
5. Is it time to invest in myself because I've settled for playing small while others around me thrive?

If you answered yes to these questions and you are committed to putting the time in, then let's get started!

To learn more about these programs, please email GTA Consulting:

annie@theregenerateprocess.com

Program Benefits:

- **Growing alongside leaders** through weekly team calls where we train you to uncover powerful leadership transformation principles. During these calls you will strategize, plan, map and make decisions to uncover those buried skills and put them into action.
- **VIP membership** for one year to our exclusive Facebook community of executives and leaders from around the world.
- **Individual coaching** with Annie where you will be provided with three, 60 minute sessions to share about your leadership path and receive vital professional insight unique to your situation.

Success
HER

Program Syllabus Overview:

- Week 1: Learn to Lead from a Place of Clarity
- Week 2: Understanding Why I Commit My Time to Leading
- Week 3: Define my Personal Desires in Leadership
- Week 4: Empower the Leader in Me
- Week 5: Define the Connection Between Me and My Work
- Week 6: Review and Revise My Commitments and Roles
- Week 7: Solve the 'Things' that Keep Me up at Night
- Week 8: Realize Who I am and Who I want to Be
- Week 9: How to lead on Full (and not E)
- Week 10: Lead Fearlessly

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