



# LIFE POTENTIALS TRAINING

**Tools and Choices  
that will  
Expand Your Potential  
and Help You Coach Others  
to Expand Theirs**

PRESENTED BY



BRINGING POTENTIAL TO LIFE

DO YOU KNOW

## THAT YOUR POTENTIAL IS UNLIMITED?

When someone learns how and begins to use their potential, their capacity for success grows. They can take on more and more... with less effort, and get greater results. You see, as you live closer to your potential, you begin to attract even more success, and ... almost effortlessly. As a metaphor for all walks of life, this is known as “the rich get richer.”

Perhaps you're familiar with the concept of exercise. The more you work a muscle, the stronger it gets and the more you can lift with the same effort. The same is true for your potential. The more you use it, the easier everything becomes... **and the most important thing to know is....**  
**Your Potential is Unlimited!**

## THERE EXISTS A SPECIFIC SET OF TOOLS AND CHOICES

... THAT WILL HELP YOU LIVE INTO YOUR POTENTIAL AND  
LEARN TO COACH OTHERS TO LIVE INTO THEIRS

## ...ARE YOU READY?

Welcome to iPEC's **Life Potentials Training** – where you will learn powerful tools, empowering skills, mind-expanding theories, and new choices that will rapidly and dramatically help you move *closer to your potential!*

iPEC's Life Potentials Training is designed for many different types of individuals; from senior executives to homemakers, from nurses to middle managers, from doctors to sales professionals, from personal trainers to social workers, from consultants of all kinds to teachers and parents, as well as for those who are interested in personal development and those who want to become either part or full-time professional coaches.

# THIS IS WHAT YOU'LL EXPERIENCE IN THIS 3-DAY TRANSFORMATIVE PROGRAM...

We'll introduce you to 10 high-potential principles that will help you to discover your own personal formula for success. And you won't simply learn these principles; you'll experience them. You see, to know *of* these principles isn't enough. You need to see how they relate to you, to your life, and to your world. Only then will you be able to truly implement them as you desire.

And, along with those principles, you'll also learn skills, tools, and exercises that will enable you to master the principles and walk the talk. This training will immediately impact how you relate to your environment, how you interact and communicate with others, and how you can lead them (and yourself) to success.

And there's more, including...

- A technique for immediately shifting someone's energy from catabolic (negative and destructive) to anabolic (positive and constructive)
- A process for eliminating the impact of people and situations that push your buttons
- A way of listening and responding to others so they know you clearly understand them, thereby quickly building connection, rapport, and minimizing resistance
- A method to empower others to discover solutions to any of life's challenges, and the motivation to follow on those solutions
- The ability to help expand your own and someone else's creativity and tap into inner genius, in the process
- An unique approach to help people set goals in such a way that they are easily attainable
- A transformational, breakthrough process that will eliminate resistance and inner blocks, help you identify core beliefs that hold you and others back, and consciously redesign those beliefs so that they fuel you and help you work toward your potential
- The ability to see opportunity when others see problems and to see what's right, instead of what's wrong
- The capability to consciously recognize when you are reacting to life's circumstances, even life's most challenging moments, and know how to choose exactly how you want to act, instead
- A way to inspire and champion others to see and act upon their own greatness

And... the 10 rules for living a high-potential life!

**IT'S TIME...TO STEP INTO YOUR POTENTIAL!**

**BRING  
POTENTIAL  
TO YOUR LIFE!**

**ENROLL TODAY!**



[Tricia@TriciaFreireCoaching.com](mailto:Tricia@TriciaFreireCoaching.com)

tricia freire coaching  
FINDING BALANCE, FULFILLMENT AND LOVE