



ELITE



Women Executive Catalyst Program

8 Weeks to Executive Success

Mindset - the Elite Advantage

Did you know that \$356 Billion is spent on leadership development each year?

75% of that investment is lost.

Because traditional leadership coaching is ineffective.

Why? It doesn't address the leader's **mindset**.

That's the **Elite Advantage**.

For over 15 years, Elite High-Performance has coached the world's best leaders, entrepreneurs, performers and athletes so they can achieve their most audacious goals.

Elite's coaching strategies blend **neuroscience**, **mindset** and **high-performance leadership strategies** to unlock leaders' highest performance.

Mindset not only supports you to achieve your goals today, it's a life time strategy. Elite leaders continue to hit **bigger and bigger goals** long after their coaching engagements are over.

Join the community of Elite leaders who create high-performance teams that surpass their goals.

Elite leaders don't waste time, effort and money on coaching that doesn't work.



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Program Overview

The Elite Women Executive Catalyst is an exclusive **8-week transformative journey** designed to **shatter the glass ceilings** that women face in attaining & succeeding in executive leadership. Did you know that a staggering **50-70% of executives face failure** within **18 months of stepping into a new role?** and, only 10.4% of Fortune 500 companies have female executives?


Relying on internal development just isn't cutting it; **76% of Fortune 1,000 executives believe formal development is inadequate**, and 55% rate internal coaching as subpar or nonexistent.

Can you afford to fail when you've worked so hard to break the glass ceiling?

But not all coaching is created equal, **only 25% of leadership development is effective** because it tackles **mindset**. Even further, **75% of women executives have experienced imposter syndrome**, a common mindset block, in their careers which can lead to low confidence, increased stress/burnout and lower performance.

That's where the **Elite Advantage** comes in. We specialize in **unlocking leaders' mindsets** to unleash their highest performance in just 8 weeks.

Don't become part of the 50-70% who face failure. Join our **community** of Elite leaders who take decisive **action** on their growth journeys and achieve success in both business and life. **Elevate** your leadership and succeed in breaking the glass ceiling with the Elite Executive-Catalyst Program - designed to make you a successful executive.



Program Outline

1. **Mindset**
2. **Power of State**
3. **Emotional Intelligence & Leadership**
4. **Mindset Strategy**
 - a. Values
 - b. Bag of Tricks
 - c. Ikigai

5. **Building Power & Influence**
 - a. Rules of Power
 - b. Managing Conflict
 - c. Dealing with Difficult People
 - d. Power of Needs in Influence
 - e. Networking

6. **Executive Presence**
 - a. Confidence
 - b. Imposter Syndrome
 - c. Crafting Your Personal Brand/Narrative

7. **Motivating, Engaging & Aligning Your Teams**
8. **Leading for Legacy & Impact**

Course Elements

- **Eight (8) On-Demand Modules** with Online Video, Audio & Written Material
- Eight (8) Modules of **High Impact Leadership Exercises**
- Eight (8) **Group Coaching Calls** Facilitated by 2 Elite High Performance Leadership Coaching - Group Size Limited to 10
- Weekly **Accountability Partners**
- **Program Workbook** to Complete the Exercises & Key Learnings
- One (1) 90 Minute Private (1on1) **Deep Dive Assessment** per Participant
- Three (3) 50 Minute Private (1on1) **High Performance Coaching Sessions** per Participant

Investment

- ~~\$5,000~~ **\$3,000 OFF for Empowering Community!** - \$1,999 USD per Person

Additional Private Coaching Engagements

Elite’s Private High-Performance Leadership Coaching Engagements are tailored specifically to you. They give you the easiest and fastest way to unlock the mindset and leadership strategies that are used by Elite leaders all over the world; from **CEOs, entrepreneurs, Fortune 500 executives, Olympic Gold Medalists, Bell Lab Fellows** and more.

All Coaching Engagements Include:

- One (1) 90 minute Private Deep Dive Assessment
- Bi-Weekly (Every 2 Weeks) 60 minute 1-on-1 Private High-Performance Leadership Coaching Sessions
- Session Summaries, Accountability & Follow Up
- Personalized Exercises to Maximize Growth
- On-Demand Support via Email/Text

Elite is passionate about supporting women leaders shatter the glass ceiling and change the world of business so we are giving the **EMPOWERING** community massive savings on **world-class** coaching. These **special discounts** available until February 1, 2024.

Don’t miss out on the opportunity to achieve your biggest goals. Take action today! Email Rob, rob@elitehighperformance.com and mention EMPOWERING to invest in becoming an Elite leader.

Engagement Options*	Bronze	Silver	Gold	Diamond
Best For	Budget Conscious	Most Popular	Serious Leaders	The Most Elite
Engagement Length	3 Months	6 Months	12 Months	18 Months
Membership to Elite Legacy League Community	3 Months	6 Months	12 Months	18 Months
EMPOWERING Special Discounts (valid until February 1, 2024)	-\$1,500	-\$2,000	-\$3,500	-\$5,250
Investment (USD)	\$2,000	\$3,500	\$6,000	\$8,250

*Engagements are for Coach Liane & Coach Jen

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Jen Patel is a High-Performance Leadership coach with **25+ years' corporate experience** in a variety of **executive** and technical roles in the cybersecurity field. Although technical by training, her **passion** is working with people and she delivers a **rare** combination of empathy, experience and systems thinking when working with clients.

She specializes in working with technical **executives** and subject matter experts. Jen's extensive corporate background, combined with her own **mindset work** as an Elite client and subsequent training in Elite's science-based **mindset coaching process**, offers clients a unique perspective to **help leaders drive growth** and high performance in their internal lives, their business lives, and their personal lives.

Jen is an **ICF Certified Executive Coach** and also holds coaching certifications in High Performance Coaching and Leadership Coaching from **Elite**. She has a Master of Science in Systems Engineering from the University of Virginia and a Bachelor of Science in Mathematical Science/Computer Science from University of North Carolina at Chapel Hill.



Coach Jen Patel



Coach Liane Wansbrough

Liane Wansbrough is a **high-performance coach and trainer**. She guides her clients in getting meaningful results in the areas of health, relationships and business through **mindset strategy architecture**. Liane is driven to help her clients remove the barriers to their success and become **empowered leaders** in their lives.

Before becoming a high performance coach, Liane worked in clinical nutrition, nutritional genomics and **corporate wellness**. Past clients include Mount Sinai Hospital, **Facebook** Canada and the TD Centre of Learning. Along with a diploma in **holistic** nutrition, Liane has a certificate of training from the Integrative and Functional Nutrition Academy and is a **Functional Medicine Certified Health Coach**.

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What our Clients Say.

Coaching with Elite is a wise investment. The mindset strategies Liane instills have improved both my resilience and performance, and helped me to bounce back and push through adversity. I've emerged from our sessions with a new perspective and re-energized to tackle the next challenge. I highly recommend them.

- Ashleigh McDougall, GM Shell Aviation, Europe

When I joined the Women's Executive Program, I was blown away by the value that group support and feedback contributed to my own growth.

After every group call I felt guided and fully-engaged to apply these concepts to challenging areas of my life, knowing I could reach out to the coaches or my group members for support. It has truly been an enriching experience to work on my mindset alongside other amazing, growth-oriented individuals who have contributed to the expansion of my own perspective with their vulnerability, kindness and courage.

-Marina C.

Going into this program I was nervous by the thought of opening up and being vulnerable with a group of strangers. It really didn't take long however for those anxieties to subside.

The Executive Women's Program really allowed me to step into a power that I never thought I would feel.

I will never forget the experiences I shared with these incredible women. Their stories will forever stay with me as I move forward into my purpose and in life.

This program is truly the most eye opening and empowering experience you can have should you be open to it. With Liane's ability to guide us through using her own life experiences really helped me to feel heard, safe and okay with being uncomfortable.

If you do the work, seek out the help, and have the commitment to be open and honest with yourself you will level up in confidence and career!

-Amber Corothers