

A silhouette of a person standing on a tall ladder against a cloudy sky. The person is positioned on the left side of the frame, reaching up with one hand. The ladder extends from the bottom left towards the top left. The background is a dark, overcast sky with some clouds visible.

# High Performance Coaching Program

**Outline 2019**

*with Elias Arjan*

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Are you tired of programs that promise rapid change  
but waste your time and don't deliver?





Are you ready to transform your life, take yourself to the next level and make the daily efforts to finally achieve your goals?

A woman with her arms raised in a cheering gesture is positioned behind a group of fluffy puppies. The scene is dimly lit, with the woman and puppies appearing as bright shapes against a dark background. The woman's face is partially obscured by the text.

# **It's Your Time!**

**Make it happen**

*For the 1st time ever (after years of requests) Elias is offering a 6 month coaching program that can take you to where you want to go.*

# Are you ready to invest 6 months into yourself?



« Most people are living in loops, repeating the same patterns hoping for change.

Your neuroplastic brain is ever ready, what is required is doing something you have never done in a way you don't normally do. This is why everyone needs a coach.



Elias Arjan

# Program Plan

*90 Days of Exploring New Behaviors*



**Month 1**

**Laying the Foundation**

Goal setting, finding your baseline and the neuroscience of behavioral change



**Month 2**

**Physical Mastery**

Self examination through psychometrics and biohacking for physical power



**Month 3**

**Mental Power**

Creating success through emotional intelligence and finding resilience to face any challenge. Optional- Selecting a mindfulness practice

\*Program may be changed depending on needs of each client

# Program Plan

90 Days of Immersion to Rewire Your Brain



## Month 4 Strategic Transformation

Installing new behaviors of your choosing, forming habits to achieve your long term goals.



## Month 5 Building Momentum

Reinforcing and stabilizing the new and better you; using proven science.



## Month 6 Sustainable High Performance

Maintaining success beyond the program and continued strategies for achievement.

\*Program may be changed depending on needs of each client

# Typical Month



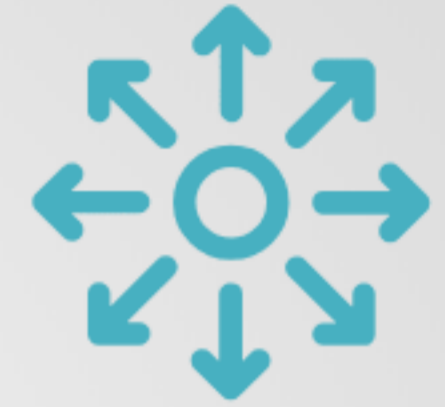
**Week 1**  
**Watch Video**  
**with Overview**  
**of Month**



**Week 2**  
**Assessment or**  
**Project will be**  
**Provided**



**Week 3**  
**Private**  
**Coaching**  
**Session**



**Week 4**  
**Celebrate**  
**Successes and**  
**Reflection**  
**Time**

\*Program may be changed depending on needs of each client



# Other Details

*How the coaching program will run*



Videos will be uploaded each week and you will have access to all of them while in the program



You will book your coaching sessions using Elias' online calendar allowing you to design your schedule



Coaching will be provided through video conference software using your browser. Skype is also an option. You will receive recordings of your sessions for you to keep.

# Cost VS. Value



**What will happen if you do nothing?**

*What is the cost of the status quo?*



**What is the value of your future?**

What does it cost to rewire your brain?

# Who is Your Coach?

Meet Elias Arjan

Founder of Business Brain LLC



Elias Arjan is recognized as an expert in the fields of training and business development. His clients include Princess Cruises, JW Marriott Hotels, PPI Group, LUSH Cosmetics, and various non-profit foundations.

Elias Arjan is a lifelong entrepreneur who has achieved success in multiple business sectors. Elias' dedication to high performance and diverse experience make him an ideal trainer and influencer for your organization.

Stats:

- Personal Sales - Excess of \$50,000,000
- Performed or presented to over 1,000,000 people worldwide.
- Trained thousands of people from CEOs to new hires to perform better.

**Inspirational Public Speaker, Certified Emotional Intelligence Profiler, Group Facilitator, Actor and Performer with Extensive Stage, Film and TV Experience, Entrepreneur and Philanthropist.**

# How Much?

Achieving Your Goals = Priceless



Download the Price List with Payment Options

<https://bizbrain.work/CoachingPriceList2019>

# Ready To Begin?

Secure Your Spot Today



Schedule a 30 minute call to ensure this program is right for you  
GO DIRECT TO THE BOOKING FORM -

<https://bizbrain.work/meeting>