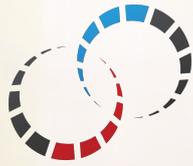


WEEK 12



BE UNSTOPPABLE

COACHING

PERSONAL DEVELOPMENT PROGRAM

BE INSPIRED
BE CHALLENGED
BE WILLING

BE UNSTOPPABLE



BE UNSTOPPABLE
COACHING

Personal Development Program

"How does one become
a butterfly?"



"You must want to
fly so much that you
are willing to give up
being a caterpillar."

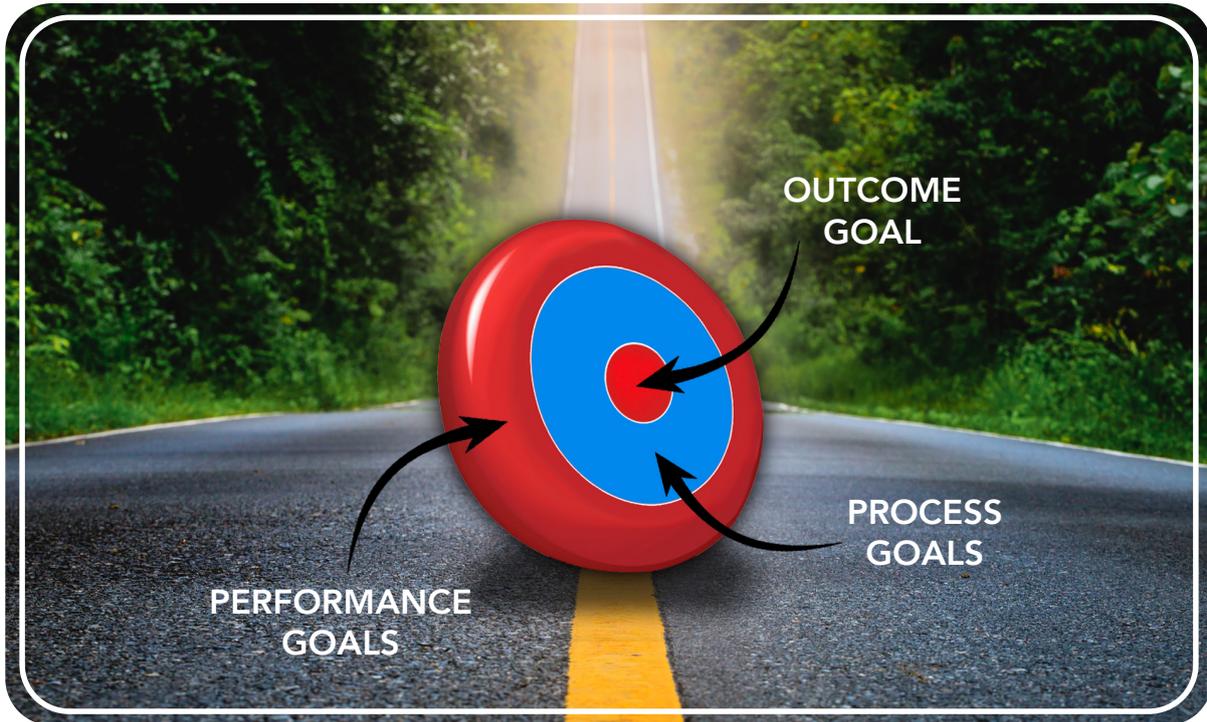
Trina Paulus



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GOAL SETTING

Outcome - Performance - Process Goals



"Whatever the mind of a man
can conceive and believe,
it can achieve."

Napoleon Hill

GOAL SETTING

Designing one's future is achieved by setting inspiring, meaningful and powerful goals.

Setting clear and specific goals is crucial to achieving anything one wants. Having a clear understanding of the DESIRE (the goal or dream – the absolute end result) is crucial to beginning the process of taking steps and making plans needed to achieve that outcome. Regardless of if a person is working on achieving goals on their own or working with a coach, all questions asked, insights gained, learning, strategies and progressive steps are directed towards achieving that goal, climbing to the top of your success ladder.

Three Types of Goals

1. Outcome Goals – focus on the end result + strong sense of WHY.
2. Performance Goals – focus on personal performance (skill, knowledge, ability).
3. Process Goals – focus on how something is done.

OUTCOME GOALS

Outcome goals are the DESIRE – the absolute end result. When clarifying this desire, it is crucial to ensure that the description of that goal is the actual end outcome, not a strategy to achieve the outcome. Strategies are not part of this goal – they are a means to achieve the desire, so they must be separated. Strategies fall into the performance and process goals.

For example, a coachee says: “I want to lose 10kg to fit into my size 10 jeans and I will achieve this by going to the gym three times per week”. Within this example the outcome goal is ‘fitting in size 10 jeans’ with one of the possible strategies or process goals being ‘go to the gym three times per week’ ... but that is not the only strategy that can help achieve the outcome. Other strategies could include changing diet, walking, yoga, etc. Process and performance goals are more targeted to areas where the coachee has more control, and can be modified along the way towards achieving the outcome.

The outcome goal – the DESIRE is always the ‘end result’ to be achieved.

PERFORMANCE GOALS

Performance goals are focused on the elements of a person that need to be developed, adjusted, changed or improved. Performance goals help a person to: strengthen their mindset, break-through self-set limitations, increase self-awareness, confidence, self-worth and skill or ability, resulting in healthy confidence and motivation to achieve the desire.

Performance goals work on strengthening a person's ability to control thinking and emotions, as they are directly related to behaviour and motivation to execute actions towards the goal. Performance goals also work on physical ability to execute something like skill, speed, strength, mobility and flexibility. It can also refer to accumulated ability such as knowledge, education, experience and other components that are externally gained, before they are internally learnt.

Performance goals are set to improve overall level, skill or ability, awareness and mental strength that is believed will be needed, improving likeliness to achieve the outcome goal.

GOAL SETTING

PROCESS GOALS

Process goals are focused on the processes taken to achieve something – how an individual or organisation does something, looking at the actions or steps taken to perform well. For example: a competitive swimmer may set a goal of holding her breath for three more seconds during strokes to improve lung capacity; an organisation may set a goal of responding to customers within two hours of a website enquiry.

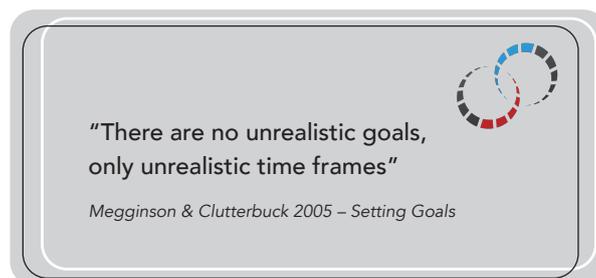
Process goals allow for more precise adjustments and refinement of a routine or process, which enables finding the most efficient way to achieve maximum results, enhancing previous performance and improving likeliness to achieve the outcome goal.

SMART FRAMEWORK FOR GOALS

Within each goal area, we recommend following the SMART framework for goal setting. George Doran, Arthur Miller and James Cunningham wrote the SMART acronym, which was published in the November 1981 issue of Management Review. Goals are set by asking a series of questions to meet the components of the SMART framework.

SMART stands for: Specific – Measurable – Achievable – Realistic – Time Bound.

- S** Specific - clear, concise detail of what the end result will be.
- M** Measurable - starting and finishing point to track and measure progress.
- A** Achievable - challenging yet achievable and within one's control.
- R** Realistic - relevant to overall life plan with the capacity to begin.
- T** Time Bound - target completion time to achieve the goal.





The following questions are contained within the worksheet called 'Goal Setting Ladder' that has also been included in your email as a separate file, provided in both Digital and Print PDF formats.

Complete this worksheet as shown below, before proceeding to the next stage of this program.



Goal Setting

Achieving your DESIRE ... Creating your Ladder to Success

What is your DESIRE – the Outcome Goal?

What makes this goal so important? WHY do you want to achieve it?

Breakdown the Outcome Goal into small steps ...

GOAL SETTING

What do you need to develop within yourself to achieve it?

What do you need to change in how you currently do things to achieve it?

What do you need to strengthen in your mindset and emotional control to help you achieve it?

Print the 'Goal Setting Ladder' (as shown on the next page) and make notes on it, to enable you to have a visual representation of your DESIRE - The Outcome Goal, along with the progressive strategies, the Performance and Process Goals, to help you achieve it. Use additional paper to elaborate where needed.

Use the visual reminder to keep you focused on what challenges you are overcoming along the way, how you have learnt and activated mental strength strategies using the BE UNSTOPPABLE DRIVERS, and the progress being made with your performance and process goals.

Remember that achieving anything you desire is done by setting inspiring, meaningful and powerful goals, with a strong sense of 'WHY' (why the goal is important to you). The goal must be broken down into small, progressive and achievable steps.

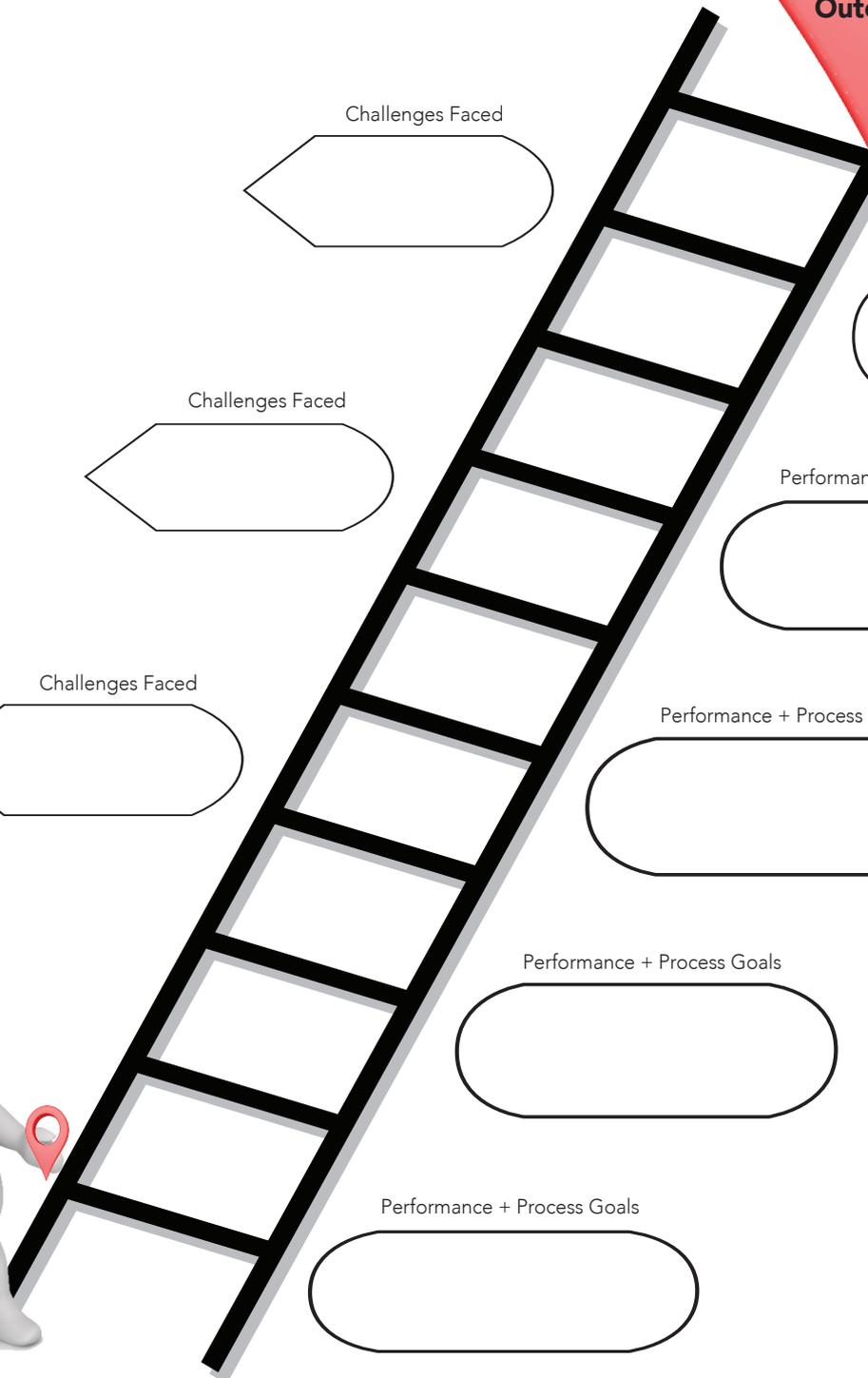
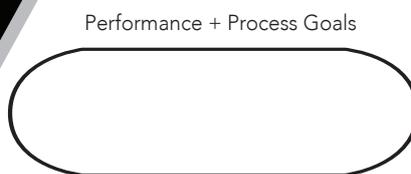
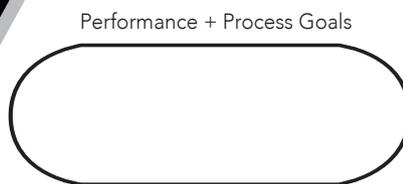
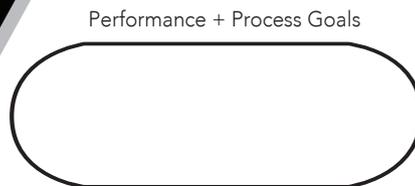
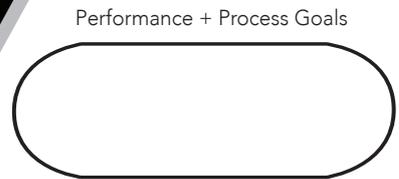
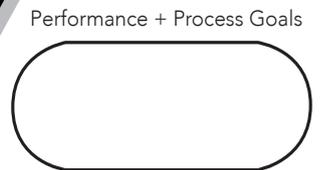
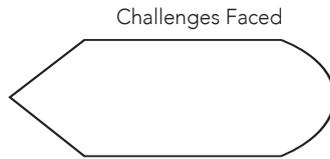
In the space below, write the action goals are you going implement to help you prepare to develop mental strength and effective strategies to achieve your goal. Take into consideration everything you have learnt in this program, designed to empower you to take control, raise your awareness about your decisions and strengthen your mindset, enabling you to achieve goals.

ACTION GOALS ... STEPS TO BEGIN PROGRESS TOWARDS THE OUTCOME GOAL

BE SIGNIFICANT
BE RESILIENT
BE PROACTIVE
BE CONNECTED
BE DRIVEN
BE CHALLENGED

BE UNSTOPPABLE

Write Your Desire In Here



GOAL SETTING

GOAL SETTING IN ALL AREAS OF LIFE

In order to live a truly fulfilled life, one needs to attend to and achieve goals in all life areas. Working through goal setting in every life area is both exciting and challenging for people, as many have either partly done or never done the exercise. Writing as many goals as possible in all life areas and prioritising them for achievement is essential for both personal and professional development.

The life areas for goal setting are categorised as follows:

- Health
- Spiritual
- Romance
- Family / Friends
- Professional
- Financial
- Recreational



“Individuals need to take ownership of their decisions, progress and activity to achieve their goals.”

Author Unknown



The following questions are contained within the worksheet called ‘Setting Goals – in all life areas’ that has also been included in your email as a separate file, provided in both Digital and Print PDF formats.

Complete this worksheet as shown below, before proceeding to the next stage of this program.



GOAL SETTING



Setting Goals

Holistic Goal Setting in All Life Areas

Having a good understanding of where you are now, in relation to each life area, and where you would like to be, is a starting point to consider when setting goals.

Refer to the life areas specified below and indicate on the chart your rating from 1 (not satisfied) to 10 (highly satisfied) for each life area, based on how you feel you are achieving right now. Mark your selection with an 'X'.

	Not Satisfied Highly Satisfied									
	1	2	3	4	5	6	7	8	9	10
Health	1	2	3	4	5	6	7	8	9	10
Spiritual	1	2	3	4	5	6	7	8	9	10
Romance	1	2	3	4	5	6	7	8	9	10
Family / Friends	1	2	3	4	5	6	7	8	9	10
Professional	1	2	3	4	5	6	7	8	9	10
Financial	1	2	3	4	5	6	7	8	9	10
Recreational	1	2	3	4	5	6	7	8	9	10

Which life area or areas do you want to focus on for improvement?

What makes that life area a priority?

What has stopped you from achieving more from each life area in the past?

- Health
- Spiritual
- Romance
- Family / Friends
- Professional
- Financial
- Recreational

GOAL SETTING

Let's Write Goals ...

Life Area - HEALTH

Write a minimum of 10 goals for absolutely anything that you want within that category. Note next to each goal the time-frame you would like to achieve it (1, 3, 5 10 years).

Group and Prioritise Goals ... The goals above will go into groups of: Must Do – Should Do – Like to Do, in priority of what to work on first, by placing most important goal within that group in position 1, then next important in position 2, etc... in the table below.

Priority	MUST DO	SHOULD DO	LIKE TO DO
1			
2			
3			
4			

GOAL SETTING

Life Area - HEALTH

What are the top three goals to begin working on from your table? These could be 'priority one' goals from 'must do or should do' or all from one group like 'must do'.

Once you have selected your top three goals, write one paragraph to describe how achieving this goal will impact your life and why you are so committed to making this happen.

HEALTH - Goal 1

HEALTH - Goal 2

HEALTH - Goal 3

GOAL SETTING

Let's Write Goals ...

Life Area - SPIRITUAL

Write a minimum of 10 goals for absolutely anything that you want within that category. Note next to each goal the time-frame you would like to achieve it (1, 3, 5 10 years).

Group and Prioritise Goals ... The goals above will go into groups of: Must Do – Should Do – Like to Do, in priority of what to work on first, by placing most important goal within that group in position 1, then next important in position 2, etc... in the table below.

Priority	MUST DO	SHOULD DO	LIKE TO DO
1			
2			
3			
4			

GOAL SETTING

Life Area - SPIRITUAL

What are the top three goals to begin working on from your table? These could be 'priority one' goals from 'must do or should do' or all from one group like 'must do'.

Once you have selected your top three goals, write one paragraph to describe how achieving this goal will impact your life and why you are so committed to making this happen.

SPIRITUAL - Goal 1

SPIRITUAL - Goal 2

SPIRITUAL - Goal 3

GOAL SETTING

Let's Write Goals ...

Life Area - ROMANCE

Write a minimum of 10 goals for absolutely anything that you want within that category. Note next to each goal the time-frame you would like to achieve it (1, 3, 5 10 years).

Group and Prioritise Goals ... The goals above will go into groups of: Must Do – Should Do – Like to Do, in priority of what to work on first, by placing most important goal within that group in position 1, then next important in position 2, etc... in the table below.

Priority	MUST DO	SHOULD DO	LIKE TO DO
1			
2			
3			
4			

GOAL SETTING

Life Area - ROMANCE

What are the top three goals to begin working on from your table? These could be 'priority one' goals from 'must do or should do' or all from one group like 'must do'.

Once you have selected your top three goals, write one paragraph to describe how achieving this goal will impact your life and why you are so committed to making this happen.

ROMANCE - Goal 1

ROMANCE - Goal 2

ROMANCE - Goal 3

GOAL SETTING

Let's Write Goals ...

Life Area - FAMILY / FRIENDS

Write a minimum of 10 goals for absolutely anything that you want within that category. Note next to each goal the time-frame you would like to achieve it (1, 3, 5 10 years).

Group and Prioritise Goals ... The goals above will go into groups of: Must Do – Should Do – Like to Do, in priority of what to work on first, by placing most important goal within that group in position 1, then next important in position 2, etc... in the table below.

Priority	MUST DO	SHOULD DO	LIKE TO DO
1			
2			
3			
4			

GOAL SETTING

Life Area - FAMILY / FRIENDS

What are the top three goals to begin working on from your table? These could be 'priority one' goals from 'must do or should do' or all from one group like 'must do'.

Once you have selected your top three goals, write one paragraph to describe how achieving this goal will impact your life and why you are so committed to making this happen.

FAMILY / FRIENDS - Goal 1

FAMILY / FRIENDS - Goal 2

FAMILY / FRIENDS - Goal 3

GOAL SETTING

Let's Write Goals ...

Life Area - PROFESSIONAL

Write a minimum of 10 goals for absolutely anything that you want within that category. Note next to each goal the time-frame you would like to achieve it (1, 3, 5 10 years).

Group and Prioritise Goals ... The goals above will go into groups of: Must Do – Should Do – Like to Do, in priority of what to work on first, by placing most important goal within that group in position 1, then next important in position 2, etc... in the table below.

Priority	MUST DO	SHOULD DO	LIKE TO DO
1			
2			
3			
4			

GOAL SETTING

Life Area - PROFESSIONAL

What are the top three goals to begin working on from your table? These could be 'priority one' goals from 'must do or should do' or all from one group like 'must do'.

Once you have selected your top three goals, write one paragraph to describe how achieving this goal will impact your life and why you are so committed to making this happen.

PROFESSIONAL - Goal 1

PROFESSIONAL - Goal 2

PROFESSIONAL - Goal 3

GOAL SETTING

Let's Write Goals ...

Life Area - FINANCIAL

Write a minimum of 10 goals for absolutely anything that you want within that category. Note next to each goal the time-frame you would like to achieve it (1, 3, 5 10 years).

Group and Prioritise Goals ... The goals above will go into groups of: Must Do – Should Do – Like to Do, in priority of what to work on first, by placing most important goal within that group in position 1, then next important in position 2, etc... in the table below.

Priority	MUST DO	SHOULD DO	LIKE TO DO
1			
2			
3			
4			

GOAL SETTING

Life Area - FINANCIAL

What are the top three goals to begin working on from your table? These could be 'priority one' goals from 'must do or should do' or all from one group like 'must do'.

Once you have selected your top three goals, write one paragraph to describe how achieving this goal will impact your life and why you are so committed to making this happen.

FINANCIAL - Goal 1

FINANCIAL - Goal 2

FINANCIAL - Goal 3

GOAL SETTING

Let's Write Goals ...

Life Area - RECREATIONAL

Write a minimum of 10 goals for absolutely anything that you want within that category. Note next to each goal the time-frame you would like to achieve it (1, 3, 5 10 years).

Group and Prioritise Goals ... The goals above will go into groups of: Must Do – Should Do – Like to Do, in priority of what to work on first, by placing most important goal within that group in position 1, then next important in position 2, etc... in the table below.

Priority	MUST DO	SHOULD DO	LIKE TO DO
1			
2			
3			
4			

GOAL SETTING

Life Area - RECREATIONAL

What are the top three goals to begin working on from your table? These could be 'priority one' goals from 'must do or should do' or all from one group like 'must do'.

Once you have selected your top three goals, write one paragraph to describe how achieving this goal will impact your life and why you are so committed to making this happen.

RECREATIONAL - Goal 1

RECREATIONAL - Goal 2

RECREATIONAL - Goal 3



Achieving Goals ... Next Steps

Targets to Aim For ... Improvement in Life Areas

Refer to the life areas specified below and indicate on the chart your rating from 1 (not satisfied) to 10 (highly satisfied) for each life area, based on the TARGET you wish to achieve over the coming months or year, as a result of working on, making progress and achieving your goals. Mark your selection with an 'X'.

	Not Satisfied Highly Satisfied									
Health	1	2	3	4	5	6	7	8	9	10
Spiritual	1	2	3	4	5	6	7	8	9	10
Romance	1	2	3	4	5	6	7	8	9	10
Family / Friends	1	2	3	4	5	6	7	8	9	10
Professional	1	2	3	4	5	6	7	8	9	10
Financial	1	2	3	4	5	6	7	8	9	10
Recreational	1	2	3	4	5	6	7	8	9	10

Now that you have completed writing the goals in all life areas, think about which life area you want to focus on immediately (this could be more than one), and take advantage of your discount voucher to work with your coach on the selected goals. Your coach will help you set proper goals, broken down into OUTCOME (absolute end result), PERFORMANCE and PROCESS goals.

Your coach will help you work on ideas, discuss strategies and put a plan in place to achieve the goals. Your coach will also discuss possible challenges you may face during the journey of goal achievement and how you can overcome them, helping you D-R-I-V-E to your own destination of success and life fulfillment, through your personal coaching sessions.

Remember that achieving anything you desire is done by setting inspiring, meaningful and powerful goals, with a strong sense of 'WHY' (why the goal is important to you). The goal must be broken down into small, progressive and achievable steps... "Plan to be Successful"



**"Men never plan to be failures.
They simply fail to plan to be successful."**

William Arthur Ward



Setting Goals ... Planning and Action Goals

In the space below, write the action goals are you going implement to help you prepare to develop mental strength and effective strategies to achieve your goals.

ACTION GOALS ... STEPS TO BEGIN PROGRESS TOWARDS ACHIEVING GOALS



REFLECTION

What is the biggest insight you have gained from completing this section of the Personal Development Program?

What has been your biggest challenge in the past when you have tried to achieve goals?

What have you discovered about yourself as a result of learning about setting goals?

Which life area are you going to focus on, to work on goals immediately?
What are your next steps?



PERSONAL DEVELOPMENT ACTION GOALS

ONGOING ...

Mindfulness ... Daily Reflection

AIM: To increase self-awareness and control of thinking, emotions and behaviour.

To strengthen your mindset with the BE UNSTOPPABLE DRIVERS for better life outcomes.

To achieve 'Positive Mental Health' and Mental Strength to Achieve Goals.

- Be aware of your mindset now that you have completed the learning from this incredible personal development program. Notice the differences you can see in yourself, your thinking, emotional control and behaviour now.
- Make note of circumstances where you have consciously acted and reacted in a better way, as a result of your heightened self-awareness gained through this program. Identify those actions and decisions made and the outcomes achieved.
- Use the tools provided to work on goal setting in all your life areas and consciously apply all that you have learnt in the program ongoing.



*"Personal growth and development,
a strong mindset and success in all life
areas will be yours, when you
CHOOSE TO TAKE RESPONSIBILITY
for making it so."*

Dee Raquel Joma

NOTES

A large, empty rectangular box with a thin black border, intended for taking notes.



CONGRATULATIONS

Wrap Up of the Personal Development Program

Congratulations ...

You have now completed the 12-week BE UNSTOPPABLE Personal Development Program.

This program was designed to help you learn and better understand yourself, to identify what drives your decisions and actions, and learn to take control of the forces that influence your behaviour and life results. You were taught universal, peak performance wisdom, through the BE UNSTOPPABLE DRIVERS, arming you with knowledge and tools to enhance your own skills, strengthen your mindset and make conscious positive changes for personal development.

What You Have Learnt:

- 'Human Needs' and how these needs unconsciously drive all human decisions.
- 'The Forces' and how they control thinking, emotions and behaviour.
- Better understanding of your own psychology and how to take control of the forces, helping you break habitual reactions to circumstances and consciously make decisions with FOCUS towards the outcomes YOU WANT.
- Stress – how it effects the body and how to use stress as a positive force.
- The importance of building self-belief and self-efficacy.
- The development of 'Mental Strength' and 'Positive Mental Health', understanding what is involved to achieve what you desire, with the BE UNSTOPPABLE DRIVERS:
 - BE SIGNIFICANT – confidence, self-efficacy and self-worth.
 - BE RESILIENT – building resilience, overcoming challenges and facing fears.
 - BE PROACTIVE - proactive language, responsibility and discipline.
 - BE CONNECTED - enhanced communication and thriving relationships.
 - BE DRIVEN - clarity, passion and engagement for your life mission.
 - BE CHALLENGED – getting out of your comfort zone and growing.
- Goal Setting – Effectively broken down into Outcome, Performance and Process Goals, to enable you to make consistent progress with steps that are IN YOUR CONTROL.
- The skills to make conscious decisions focused on what you want to achieve.



CONGRATULATIONS

Wrap Up of the Personal Development Program

As you progressed through the past 12 weeks, you were given a wealth of knowledge and tools to activate in your life. It is essential that you consistently work on what you have learnt, including the tools provided in this program and the reflections you have made, to stay mindfully consistent to the triggers that cause habitual thinking and actions, emotions and self-sabotage.

You have the understanding and tools to TAKE CONTROL OF YOUR THINKING, EMOTIONS AND ACTIONS, managing stress, facing fears and taking on the challenge of fulfilling your goals and dreams. The consistent application of all these collective components, will help you achieve anything you desire on an ongoing basis, in all your life areas.

The development of 'positive mental health', mental strength and emotional control, is crucial for a healthy and fulfilled life, enabling you to take on anything life throws your way. Congratulations on working hard to increase your own self-awareness, learning and applying the skills for positive progress and change, resulting in your personal development.



"Happiness is not an accident.
Nor is it something you wish for.
Happiness is something you design."

Jim Rohn

Next Steps in Your Personal Development

Are you ready to be empowered for next level development and results?
Are you ready to BE INSPIRED – BE CHALLENGED – BE WILLING ... with added accountability and full support by your own personal coach?

WHAT IS A COACH?

A coach is someone that focuses on the personal and professional advancement of another, through the implementation of strategies, alternative ways of thinking and planned actions, in order to transition a person from where they are today, to where they want to be. An effective coach helps you to ... BE UNSTOPPABLE.

WHAT IS COACHING?

Coaching is a process that allows an individual, group or organisation to heighten their self-awareness regarding thoughts, emotions, actions and outcomes, empowering them through self-directed learning and personal growth, to apply strategies, take ownership of decisions and actions, and achieve goals.

Coaching is powerful ... The right kind of coaching, associated with mental conditioning, peak performance, empowerment and accountability is utilised by the world's elite, be it professional athletes (in conjunction with their physical coach), by hi-profile executives and business leaders, as well as highly productive and effective human beings from all walks of life, to help them set clear goals, design a plan, apply proven and effective strategies and achieve those outcomes.

BE UNSTOPPABLE provides coaching to any person, organisation or team who wants to ...
Be Inspired - Be Challenged - Be Willing and BE UNSTOPPABLE.

Take advantage of the bonus inclusions offered with this program to book personal coaching sessions, for ongoing personal development and the achievement of goals.

Take advantage of your 20% OFF discount voucher for a personal coaching session with a trained BE UNSTOPPABLE coach.

Coaching packages available to suit personal needs and budgets.



CALL NOW: 1300 33 COACH

EMAIL: coach@beunstoppablecoaching.com



Professional Development Programs

BE UNSTOPPABLE has two types of Professional Development Programs for individuals looking to enhance professional skills for career development or run their own business.

The **Professional Development Program** is a 6-month program, designed for individuals who want to learn coaching skills for effective leadership and management within an organisation. This program is about enhancing one's ability to lead effectively, empower staff, run efficient teams, build and use emotional intelligence and effective communication for maximum performance and results.

- Learn Coaching - to use personally and professionally.
- Understand the psychology of human behaviour.
- Strengthen your own mindset and resilience.
- Learn effective communication skills for connection and leadership.
- Learn how to effectively set goals.
- Learn the principles of peak performance thinking.
- Work with practical tools to improve your skills and achieve the goals you have for yourself and your organisation.

The **Professional Collaboration Program** is a 12-month program, designed for individuals who want to be trained as a coach, for the purpose of running their own coaching business in collaboration with BE UNSTOPPABLE COACHING.

- Become accredited with BE UNSTOPPABLE Coaching.
- Training by Dee Raquel Joma: an ICF - Certified Professional Coach.
- Engagement in a combination of group training and personal training sessions.
- Learning the trademarked BE UNSTOPPABLE D-R-I-V-E Coaching Model ... to use it confidently and competently in your coaching practice.
- Learning the psychology behind human needs and the forces that influence thinking, emotions, behaviour and outcomes.
- Learning the 'drivers' for peak performance and how to effectively develop a strong mindset for yourself and others through coaching.
- Access to the 'Drivers Assessment Tool', to understand and use it with those you coach.
- Access to an extensive range of resources and tools, electronically via DropBox, with provision for the Accredited Coach to access and use all BE UNSTOPPABLE tools and resources in their business, in-line with Intellectual Property (IP) Laws.
- Continuous professional development.
- The opportunity to work with BE UNSTOPPABLE on projects and with clients (pre-negotiated), with a signed Collaborative Agreement and work order.

CALL NOW: 1300 33 COACH

EMAIL: coach@beunstoppablecoaching.com



The BE UNSTOPPABLE FOUNDATION

Cultivating 'Positive Mental Health' for Adults and Kids

The BE UNSTOPPABLE FOUNDATION is a not-for-profit organisation focused on helping individuals, children and adults, overcome problems related to adverse mental health, including depression and other stress and anxiety inducing ailments that adversely effect the lives and well-being of humans.

The foundation is focused on educating individuals about their own psychology and how 'adverse mental health' issues develop in the mind, with targeted programs to assist all people manage stress and anxiety, overcome depression, strengthen their mindset, control their emotions, build resilience, build self-significance, find meaning in their life and personally develop to achieve goals. All individuals within our programs are supported by counsellors/psychologists and trained professional coaches, on their journey towards positive mental health.

Understand and Overcome

- Adverse Mental Health
- Depression
- Stress
- Anxiety
- Feeling Lost
- Searching for Meaning
- Fear



Learn and Develop With

- Positive Psychology
- Resilience Building
- Targeted Learning Programs
- Coaching and Therapy
- Personal Support
- Engaging Workshops
- Financial Grants (conditions apply)

The amazing UNSTOPPABLE KIDS program is designed for kids, aged 7 to 17 years old, with tailored programs to suit the different age groups, customised for better learning and appeal.



UNSTOPPABLE KIDS helps little-kids and big-kids develop:

- 'Positive Mental Health'
- Stress Management Skills and Resilience Building
- Healthy Confidence
- Harnessing Personal Strengths
- Increased Self-Awareness
- Enhanced Communication Skills with their peers, parents and other significant people.
- Goal Setting Skills

**ARMING ALL KIDS
WITH LIFE-LONG
POWERFUL ABILITIES**



BE UNSTOPPABLE
FOUNDATION

YOUR GENEROSITY IS NEEDED

We need funding and support from all businesses and individuals, to help us deliver these much-needed programs to all people, especially through the added pressure of COVID-19 and the ripple effect this pandemic has had on the lives of so many, further manifesting adverse mental health. Help us make a positive difference in the lives of others. Contact us now to support the foundation.

TOLL FREE CALL **1800 THINK WELL**

EMAIL **info@beunstoppablefoundation.org**



OUR MISSION

TO BE A POSITIVE
CHANGE CATALYST
IN THE LIVES OF
MILLIONS OF PEOPLE
WORLD WIDE



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