

Tap In & Stand Out Business Accelerator

THE APPROACH COACHING METHOD



Tap In & Step Up



12 WEEK BUSINESS ACCELERATOR AT A GLANCE

ROAD MAP



SETTING THE STAGE

Consistency is key, commit to practicing the habit weekly with daily activity to reinforce its development.

HEALTHY ROUTINE

Week 1 & 2 is about you becoming familiar with your weekly outline of Weekly Focus, Mid-Week Mindset, and Week in Review.



THE POWER OF PATTERNS

Recognize and build on your existing routine. Having a key theme of evolutionary focus necessary in Business Life.

CREATE INSPIRATION

Week 3 to 6 is about you adding detail. Weekly focus rotation of cycling through Create, Align, Lead, and Master.



BUILD A SUPPORT SYSTEM

Share your habit-building journey and accelerate your development. Engaging more with the Cohort and Accountability Partner.

ALIGN STRUCTURE

Week 7 to 11 you are entering into a stronger Mid-Week Mindset practice by adding in the routine of journaling to observe habits, and having deeper conversations.



LEARN FROM SETBACKS

Accept that setbacks are a part of the habit-building processes that accelerate your goals.

LEAD IN WISDOM

Week 7 to 11 Recognize the accomplishments made to date. Analyze setbacks, and use them as opportunities to improve by leading with proven successful actions.



IMPLEMENT HABIT STACKING

Bring it all together for a repeatable and evolutionary process. To scale, you must remove limitations.

MASTERY

Week 12 is not the end, it is the beginning of your next goal. Lean on the foundation you have created and make sure you join the monthly Cohort Meet-Ups.



creativity - explore - imagine - test - refine - design - wonderment - bluesky - inspiration - play

Activities such as emotional intelligence development, seeking feedback, personal time, mindset and motivational experiences, journalling, meditation, value proposition.



structure - common purpose - logic - needs - muscle memory - alignment - behaviors - training

Activities such as cohorts, seeking training, routine, habit tracking, measuring of goals, seeking feedback, volunteering, board position, completing and referring to written annual plans.



design - refinement - forethought - patience - empathy - big picture - wisdom - teach - lead

Activities such as social listening, educational and lifestyle marketing, leadership position, mentorship, podcast guest, authoring a book.



self-willed - courage - strategic - integrity - persevering - loyal - confidence - expertise

Activities such as developing true niche, north star, evolution of planning, goals and habits, laser focused "thinking", full published branding.



The Outcomes You Gain

THE APPROACH COACHING METHOD

12 Week Business Accelerator Cohort taking you further by:



Learn how to scale by removing the limitations that are keeping your growth stagnant.



A graduated approach that builds good habits. Giving you structure, keeping you focused, and accountable.



Implemented strategies to simplify and articulate your ideas in a manner that is meaningful and purposeful.



Accessing your core essence of what you are driven to do. Harnessing your relationship between personal and professional development.



Continually move forward because you have a foundational and repeatable process.



Be surrounded by like-minded individuals giving you a sense of belonging and confidence.

What is Included

THE APPROACH COACHING METHOD

STEP-UP STAND-OUT

“To scale, you remove limitations and implement resources rooted in structure.”



12 Weekly Focus Exercises. Fillable format emailed directly to you every Monday.



12 Week in Review Exercises. Fillable format emailed directly to you every Friday.



Weekly Cohort Accountability Call hosted on ZOOM. Agenda driven, and designed for impact.



Assigned Accountability Partner. Intentional connection with a cohort peer having relatable interest.



Mid-Week Mindset activities. Aligning your professional and personal EQ.



Ongoing Coaching insights sent directly to you, and a correlated report at the end of the 12 Week Accelerator.

FAQ's



What does each week look like?

Monday - receive your weekly focus exercise, and attend 30min Cohort Zoom MeetUp

Wednesday - receive your mid-week mindset challenge

Friday - receive your week in review exercise

Each week is a gradual build on the previous, giving you a logical connection.

If I am stuck, do I get any 1on1 time?

YES! Every Cohort member has access to 1on1 Coaching time in addition to the mentorship facilitation style of the Monday Zoom MeetUps, and weekly exercises. Also, every weekly document submitted is reviewed in order to give you personalized guidance - noticed habits, insights, encouragement, and more. This is NOT a "hands off" program.

Why would I benefit by joining?

As a High-Achiever driven to make a difference, it has never been about "starting something". The challenge you face is "finishing something". The programs within "Tap In" are designed by taking all elements needed to create structure and accountability. Helping you identify good habits so that applying discipline does not become a struggle, it becomes a positive influence for growth and motivation. "Tap In" has been reviewed by accomplished experts in the field of Neuroscience.

Are there prerequisites?

YES! I want you to be successful. For you to benefit from the program and keep the cohort moving forward and aligned, having the foundational essentials of a Business Plan is required. Don't worry! If you don't have one, "Tap In" has an alternate 9Week Business Essentials Cohort or, you may opt for a personalized 1on1 Coaching approach. (send a message to learn more)

Is this strictly for Business Owners?

Business Accelerator is beneficial for Entrepreneurs and Intrapreneurs, catering to those who are driven to ask the question, "how may I do this better"? Bringing together a like-minded community who appreciates diverse perspectives, peer support, accountability, and goal achievement.

STEP-UP STAND-OUT