



GETTING STARTED

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Here is what you need to know in order to get started with the program.

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WHAT IS YOUR LIFE DESIGNED?

Your Life Designed a monthly coaching program.

This program brings together the latest research on human potential and high performance.

It teaches you actionable strategies to implement in your life. It takes ideas, knowledge and learning to the next level, so that you get the results you want in your life.

How do we live with optimal wellbeing, perform at our best and stay sane long term?

This coaching program gives you the skills to consistently perform at a high level in all areas of your life with a sense of joy, confidence and fulfilment.

You will get clarity on what it is that you want for your future, what you want to grow into.

You will clean up your life, get a handle on overwhelm, learn to manage your mind, emotions, time and expectations.

You will identify what drives you, what you are deeply connected to, what your why is.

You will learn the essential habits that will ensure you maintain wellbeing, performance and energy long term.

This program will transform your life, I guarantee it.

Your Life Designed.

Extraordinary people.

Extraordinary lives.

HOW IT WORKS?

You have enrolled in the program.

You now have access to the private 'Your Life Designed' coaching page.

Each month you are enrolled for you will be able to access the materials for that month.

As a once off you need to:

1. Create a Zoom account (its free). Go to www.zoom.us and using your name and email you register and create a password. Then before each live call you can log in and join the meeting. You will be emailed before each call with the meeting ID our you can log in and simply enter the ID 292-187-2937 to join the call
2. Create a Your Life Designed folder on your computer to save all the materials in
3. Make sure emails from us are not going to your spam or junk files

Each month you get to view the monthly videos and materials and listen to the audio recordings on that month's topic.

You get to participate in monthly live coaching calls, they are recorded so you can also watch in your own time.

You can nominate to be coached live or watch others be coached.

You get to participate in the monthly Q & A live calls, they are recorded so you can also watch in your own time.

You get to listen to the monthly podcast on the particular month's topic.
You have daily access to me and can ask me any question at any time in the 'Coach with Laura' page and I will reply personally.

The written materials include:

- Reading on the months topic
- Workbooks to show you how to implement what you have learnt it into your daily life
- Daily journals to show you how to change your habits and create new ways of thinking, feeling and acting

Everything live is recorded so you can listen in your own time or replay.

I suggest you approach each month in this order:

1. Open the month page and download and save the workbooks:

- a. Learning & Reflection
- b. Action
- c. Podcast Notes

2. Note the live call dates and times and put these in your calendar

3. Watch the corresponding month Introduction video

4. I suggest you print and write your responses and complete the workbooks with a pen or pencil

5. Begin each month by reading the 'Learning & Reflection' workbook for the corresponding week and writing down your responses to the questions throughout

6. Each evening complete, the daily action worksheet in the 'Action' workbook

7. On the Thursday of each week the podcast is released. Listen in to the audio then work through the notes and answer the questions

8. Log on for the live calls or watch the replay in your own time (if you want to be coached live submit your question prior to the call via the member page)

9. If you have questions you can submit them I the Coach with Laura page and I will respond. You don't have to identify who you are, that is a matter for you

10. You also have the option of watching the 'At Home with Laura' videos and working through the 'Extra Materials'. This is optional.

For step by step instructions on how to log in to the site, change your password, set up zoom, attend live calls, submit questions live, be coached live see the FAQ page.

WHAT ARE THE TOPICS FOR EACH MONTH?

The program is divided in half.

The first 6 months are centred around the theme of life design. We will take stock, de-construct how you are living, re-decide all of it and redesign your life for optimal wellbeing and success in all areas.

Then the second 6 months we will focus on really stepping it up and taking life to the next level. We will focus more on proven high-performance habits and how to implement them into your life.

The topics covered include:

- Who do you want to Be?
- What do you really want?
- What goals you must have
- Plan and Execute
- How to manage your mind.
- How to manage your emotions
- Simplify
- Relationships
- Money
- Purpose
- Energy
- Significance
- Productivity
- Influence
- Resilience

CHOOSE TO NOT GET OVERWHELMED !

Do not overwhelm yourself with the materials.

If you get behind, just start where you are.

If you can consume all of the months materials do.

If you have months where you are limited focus on the reading and action journals and the live coaching call only.

The time commitment from you is up to you. Some people work fast, think fast, others need time to process and consider. But as a general guide be prepared to give 15 min per day to the reading materials, workbooks and journals. If you want to watch and participate in all the calls then that is approx. an additional 3 hours per month. Overall, if you can put in 20 - 30min per day to this program you will see amazing results in your life.

This program is for people who want change and who are willing to do the work. For people who want to learn and implement a way of living that ensures their overall long-term wellbeing and quality of life.

You have time for what you make for. Make time for this. Choose to commit to doing the work this year. You are worth it.

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