

# PROGRAM



**UNLEASH YOUR  
TRUE POTENTIAL**

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# OVERVIEW

At TRU Potential, our goal is to help you harness life's challenges to fuel your growth and resilience.

Our program begins with a 10-week series of interactive **workshops** designed to guide you through self-discovery and personal empowerment.

We believe that true transformation takes time and ongoing support.

That's why our program also includes **intensive follow-up** sessions and **quarterly check-ins**.

These follow-ups sessions are important to reinforce your progress, helping you stay on track, overcome obstacles, and continue your journey of growth well beyond the workshops.

# OVERVIEW

## 1 WORKSHOPS

*3 Months*

- In-person
  - Weekly
  - 10 day sessions - 15 people max.
- 

## 2 INTENSIVE FOLLOW-UPS

*3 Months*

- In-person or Online
  - Monthly
  - 1 hour/person - one-on-one coaching
- 

## 3 QUARTERLY CHECK-INS

*6 Months*

- Online
- Quarterly
- 1 hour/person - one-on-one coaching

*We adapt to your needs.  
If you have specific requests, feel free to reach out.*

# WORKSHOPS

**An eagle** detects when a storm is approaching long before it breaks.

When the winds begin to howl, it takes flight, allowing the storm to lift it higher. Instead of escaping the storm, the eagle uses it to rise above, soaring while the chaos rages below.

This is how it handles adversity—**it transforms it into an opportunity to reach greater heights.**

Similarly, when you truly know yourself, **you can face life's storms with resilience.**

Rather than being held back by your circumstances, you can use them as a springboard to **propel yourself** onto higher ground.

Over the **10 workshops**, we'll uncover how to harness life's challenges to lift you higher.

We won't tell you what to do; instead, we'll engage in meaningful conversations that help you see your situation from a **new perspective.**

Our journey is about discovering the value that lies within. It's not about someone else affirming your worth—it's about you **seeing it for yourself.**

Like the eagle, when you know who you are and what your purpose is, **you become equipped to soar above the storms, using them to rise and move forward.**



# WORKSHOPS

01

## Let's Break the Ice!

*Build confidence and a sense of community - get to know each other*

Presentation of the Facilitators & TRU Potential  
Rules & guidelines that TRU Potential stands on  
What to expect during the workshops

02

## It's All About Identity (Part One)

*Dig in, work and break the first barriers*

Rolling up sleeves and getting dirty - who am I?  
Using tools to get into your true self.

03

## It's All About Identity (Part Two)

*Get into a deeper level and finding the real you*

Discovering Yourself, strengths & weaknesses  
Challenging the Status Quo through tools and exercises

04

## It's All About Identity (Part Three)

*Challenge the "always" and find new patterns*

Finding new solutions through tools and models  
Moving forward - planning a new journey

05

## The Big Review

*Meet everybody at the same stage & continue the work*

Overview of the material & get deep understanding  
Worksheets & tools reviews  
Q&A

# WORKSHOPS

06

## Liberate yourself

*Give space and personal guidance to build a better future*

One-on-One time with facilitators to talk freely

Working on personal vision board & Prepare for the big presentation

07

## Achieve & Follow Through

*Build goals and plans to move forward by actions*

Discovering what really drives you

Planning: achieving and following through

08

## Presentation day (Part One)

*Empower participants and give them a sense of commitment*

Participants presenting vision board and legacy for future

09

## Presentation day (Part Two)

*Empower participants and give them a sense of commitment*

Participants presenting vision board and legacy for future

10

## Share experience & Graduation

*Give a sense of community and achievement*

Sharing stories from past participants

Graduation

# INTENSIVE FOLLOW-UPS

The intensive follow-ups provide **personalized, ongoing support** to help you integrate what you've learned into your daily life.

These sessions ensure you stay on track, addressing any challenges as they arise.

With this consistent reinforcement, **your growth continues** long after the workshops conclude.

# QUARTERLY CHECK-INS

Quarterly check-ins offer a chance to **reflect on your progress** and set new goals as you continue your journey.

These sessions help you stay focused and **accountable**, providing guidance and encouragement to keep moving forward.

They are a valuable touchpoint for sustained **growth and resilience**.





# CONTACTS

If you have any questions, need further details, or want to discuss how TRU Potential can support you on your journey, don't hesitate to reach out.

We're here to provide all the information you need to take the next step.



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With love,

*Karen Bell*