

Step By Step to More Results

Pit Stop – Success Is A Habit.

Be more successful by working with SMART goals on a regular basis. Your first step is a Workshop with or without Personal Coach to define your annual plan. Choose from the three packages below how much guidance and support will be best for you. Our cloud software will help you month by month, week by week on your journey from intention to results. Make success a habit.

	Pit Stop Bronze	Pit Stop Silver	Pit Stop Gold
Kick Off Workshop for annual goals	<ul style="list-style-type: none"> • approx. 3 hours Online Workshop • Debriefing with your Coach on the phone 	<ul style="list-style-type: none"> • 3 hours Face-To-Face Coaching 	<ul style="list-style-type: none"> • 3 hours Face-To-Face Coaching
Scope of Coaching	<ul style="list-style-type: none"> • 4 quarterly reviews with your Coach on the phone 	<ul style="list-style-type: none"> • 4 quarterly reviews with your Coach Face-To-Face 	<ul style="list-style-type: none"> • 4 quarterly reviews with your Coach Face-To-Face • 8 monthly reviews with your Coach
Material	<ul style="list-style-type: none"> • License for Cloud-Software of Best Year Yet 	<ul style="list-style-type: none"> • License for Cloud-Software of Best Year Yet • Book „Your Best Year Yet“ 	<ul style="list-style-type: none"> • License for Cloud-Software of Best Year Yet • Book „Your Best Year Yet“ • Monthly Checklists
Price excl. MwSt	CHF 1'200.-	CHF 2'800.-	CHF 4'500.-

Your Benefit

- > You work on your goals regularly, consistently, measurable and with pleasure
- > You keep your focus on your top goals. Quarter by quarter, month by month, week by week
- > You will identify how you have been limiting yourself and you will make new paradigms a habit
- > Combining Selfcoaching, working with a Personal Coach and our cloud software will help you keep your eyes on your plan until you have achieved your goals
- > You will be more relaxed because you will more consciously say YES to the things you value most and say NO to reactive and distracted behaviour
- > You will strenghten your resources by looking back. Our cloud software will help you visualize success and see how you develop over the year

You can start anytime!



Thomas Freitag, Coach

lic. oec., Executive Coach since 2003. Thomas is working with Best Year Yet since 2005. As „Mr. Focus“, he publishes regularly on Self Management topics in his Blog www.mehrfokus.ch.

Potential Topics in your Pit Stop

- How do I get energy from the past?
- What lessons can I learn from achievements and failures?
- How do I get from intentions to results? How habits can bring success
- What roles are really important to me?
- How do I set SMART goals?
- How can I achieve more results in business and in my private life?
- What are my values, and what's their role in my life?
- What are my goals this year?
- How do I limit myself? How can I stop?
- How can I balance my energy and get more out of it?
- How can I be more accountable towards myself?



BEST YEAR YET!®