

Details, Details, Details

Some people are “give it to me quick and dirty” kinds of people, while other people are “let me sit with this and review it carefully several times” types of people.

My website, www.yourcourageouslife.com, gives you the “quick and dirty” basics on who I am, what I’m about, and how I work.

This document is something that the “I want to review carefully” people would like. It answers your questions about my new downloadable e-course module, *The Courageous Year*.

Are you ready to make things happen?

The Courageous Year is series of 4 interconnected, downloadable e-course modules for people who know deep inside that it's time to make the shifts they've known were long in coming. This is your year of living big, and of giving that gift to myself. Currently available? The Courageous Year, Level I e-book. It's a compendium of courage and living big—35 lessons, 19 videos, interviews with amazing people sharing their wisdom.

This isn't a Stuart Smalley kind of vibe. This coursework acknowledges magical possibility while addressing the practical: *What do I do about the fear that swamps me? How do I handle unsupportive family members or friends? Where can I find more time and money to support my vision for my life?* These are real questions and they don't go away by simply repeating affirmations. The exercises in The Courageous Year give you the tools to diffuse the challenges that arise so that you can step into your vision for yourself. You'll be challenged and stretched to lean into the edge of your old comfort zone.

Your Courageous Year is divided into four e-book modules that are designed to build onto one another. Lessons are self-paced so that you can do as little or as much as you wish. The days of signing up for e-courses and falling behind are over.

I don't want this to be just another book on my shelf.

You're in luck—it wouldn't be possible to fit it on a shelf. ☺ This is not just a book—it's a beautifully formatted compendium of courageous and living big and wisdom. Level I is 35 lessons and exercises, 19 videos, and interviews with some of the most inspiring people I've ever met—Jen Loudon, Christin Mason Miller, and more. There's also a Courageous Community that you can connect with as part of using the Level I e-book coursework. The only way this will sit on a shelf is if you let it.

Do I have to commit to an entire year?

Nope, not at all. You're not signing up for an entire year of anything--just working with the first level--and later, if it seems right for you, you can purchase and download other Levels as they become available. However, you're encouraged to commit to yourself and make this the year--no more waiting, no more holding back on yourself and the change you want to see by signing up for each course in sequence. If you've ever found that you could make changes in your life for a little while, but then old habits came back, this is the course for you--it's time to shift that pattern.

How much time will it take from my week?

Lessons are self-paced and you can do as little or as much as you wish. You're encouraged to make this a simple, 20-minutes a day kind of endeavour.

I'd like to have a community, or some kind of external accountability.

Great! Three months of membership in the Courageous Year community is included with the Level I e-book. You can use this community for connecting with others as well as external accountability. Also included with your Level I purchase is a one-on-one 30 minute coaching session with me—where we get to talk about you.

What does the Level I e-book cover?

The first level specifically addresses the topics of Self-care and Balance, what we believe about ourselves, and the Stories we tell about our lives. Level I builds a foundation for shifting old patterns so that the work of making shifts in your life has room to actually happen!

What do other levels cover?

If you decide that you want to continue to the next level—it's not required!—Level 2 dives into Emotions (ever notice how a great week can get sabotaged by those wily emotions?) as well as Commitment & Accountability. The third level builds off of the foundations you've developed and guides you even further into courageous living by addressing the role of Passion and Play, as well as how we can work our Relationships and Friendships. Finally, level 4 explores Power and Choice, Luck & Synchronicity & Magical Possibility, Letting Go, Assessment & Closure.

Is the total price for all four levels \$125?

Nope. The price for Level I is \$125, and that includes the coaching session. Each additional level is \$125—I won't be raising the price on any level of The Courageous Year.

If I completed all levels, what would my courageous year look like?

The course is broken down into manageable chunks that build on one another. Here's what the schedule would look like:

Level 1 Available September 2010	Topics Covered: Self-Care & Balance Belief & Story
Level 2 Available Jan 2010	Topics Covered: Emotions Commitment & Accountability
Level 3 Available Jan 2010	Topics Covered: Passion and Play Relationships & Friendships

Level 4	Topics Covered
Available Jan 2010	Power & Choice
	Luck, Synchronicity, Magical Thinking
	Letting Go
	Assessment & Closure

Can I just download whatever level I want?

Each section is completed in sequence and is designed to build on what came before it. I have structured the course this way because I

believe that building a really good foundation in one area is important before moving onto another area. However, you could purchase any of the e-book modules as they become available.

FAQ

1.) How long does this course take? The course is divided into four different levels that build on one another. If you paced yourself and took all levels in sequence (and it is not required that you do), you would be supported in creating your courageous life for one year.

2.) What do the levels cover? Each level of the course covers specific lessons. Level One will spend covers Self-Care, Balance, Belief & Story. Level 2 will dives into Emotions before moving on to Commitment & Accountability. Level 3 will explore Passion & Play, as well as Relationships & Friendships. Level 4 will explore Power & Choice, Luck, Synchronicity, Magical Thinking, Letting Go, Assessment, and Closure.

4.) What types of lessons are offered? Lessons are self-paced and you can put as much or as little time into them as you wish. For instance, when covering Self-Care, I'll post a lesson that explores how we define what "well-being" means to each of us. One person may read the ideas of the lesson and carry them throughout their day, and this will be completely beneficial. Someone else may prefer to journal about the topic. Yet another person may find the most value from the course by participating with the Courageous Community and exchanging ideas with other participants. Other lessons will be presented in audio format; some will invite you into taking a specific action. Suggestions for the different ways to explore the ideas presented in each lesson will be offered, and I'll also recommend additional reading or put other ideas out there that could enhance the lesson. However, those suggestions won't be required. You get to create this in the way that makes it most successful for you--taking into account the realities of your family, job, and life situation.

5.) Am I graded? Will I be dropped from the course if I don't complete lessons? What if I fall behind? No grades, no getting dropped, no "falling behind"! The days of being punished are over. (Whew!). Each lesson is a self-contained nugget that fits into a larger whole. As a Life Skills Coach, I work with people every day who are working on setting goals and then sticking to them as a means of personal development. This is familiar territory! If you're concerned about your level of accountability, you're encouraged to be a familiar face on the Courageous Community boards, reaching out for support.

6.) It's called "The Courageous Year." Do I have to purchase a whole year at once? Nope, you don't have to purchase a whole year at once. You can purchase the Level 1 E-book now, work through it, take a break, and then purchase the Level 2 e-book module when it's available.

7.) Do I have to know what I want to get out of my courageous year, before I begin? You're not limited or boxed-in. Period. The e-book course is great for people who want to step into courageous living and discover what they want along the way, as well as those who already know what their courageous dreams are, and they want support and community as they put them into action.

8.) What's the cost? For the Level 1 e-book, \$125. This includes all handouts, interviews, audio lessons, exercises, and the private membership to the boards. Each level of the Year is \$125.

9.) What materials will I need to take the course? A computer with an internet connection and a willingness to courageously step into living bigger!

10.) What's your background/training? I've been a Life Skills Coach and counselor since 2006. I'm a member of the ICF, International Coaching Federation. My training program was an experiential course that involved supervised training logging counseling hours, and I spent two years in this program. I was also certified as a rape crisis counselor through a program in the State of Illinois and have a degree in Sociology. I am passionate about working with people and excited to have this journey alongside you!