

YOUR LICENSE TO CHANGE LIVES

LIFE GPS® CERTIFICATION AND LICENSING PROGRAM

Have you noticed most stressed out people know they need to change but don't know where to start? Everyone talks about work-life balance but hardly anyone has it. That's because it's the wrong goal.

As a Certified Life GPS® Licensee you can offer a simple, practical, and actionable way to shift the conversation to a personal leadership strategy that helps your clients show up at their best and live happier, healthier and more productive lives. We'll give you everything you need to lead highly interactive workshops utilizing the Life GPS®, a proven self-management tool from the best-selling book *Overworked and Overwhelmed: The Mindfulness Alternative*. As a Licensee you'll teach your clients how to follow through on a better goal — living life at their best.

SIMPLE

In the workshop you'll lead your clients in asking and answering three simple but powerful questions:

How are you at your best?

What are the routines – physical, mental, relational, spiritual - that will help you show up that way?

What outcomes – at home, at work, and in your community – do you expect from showing up at your best?

PRACTICAL

We know from experience that progress comes incrementally, then suddenly. As a Licensee you'll show your people how taking small steps each week leads to big results over the long run.

You'll teach them how to adopt easy-to-do Habit Hacks that will make an immediate difference in showing up at their best no matter what's going on around them.

APPLICABLE

Use our unique, simple method for real, lasting change by leading this premium-priced workshop or offering a deeper dive to your individual coaching clients.

As your clients apply Life GPS® best practices throughout your workshops and coaching, they learn by doing.

They'll have a personal leadership strategy that creates sustainable success with the Life GPS®.

DELIVERED READY TO USE

As a Certified Life GPS® Licensee, you'll get everything you need to deliver a half or full day workshop helping participants overcome overwork and overwhelm and live at their best.

WHAT'S INCLUDED IN TRAINING

- 14 hours of live, online training with Scott Eblin
- Program Guidebook for leveraging the license
- Workshop Playbook with step by step instructions
- 4 complete PowerPoint decks
- Life GPS® Participant Workbook
- 5 training videos and much more

WHAT THEY'RE SAYING

LICENSEES

"It's truly a value-add "plug and play" offering for my individual and organizational clients."

Henry Lescault, Licensee

"The work itself is so powerful, usable, and applicable to all people, not just executives. I LOVE this!"

Barbara McMahon, Licensee

"I loved that this is an opportunity for me to both expand my offering as a coach and deepen my own mindfulness practice."

Linda Bidlack, Licensee

PARTICIPANTS

"The Life GPS® approach was very simple and resulted in more follow through than I have seen in other classes."

Fortune 500 Senior Director

"I loved identifying the routines that contribute to being at my best self and realizing they are not just 'tasks' but much more important"

Mid-Cap Company Associate Director

"The Life GPS has been a life changing tool for me."

Fortune 500 Senior Vice President

TAKE THE NEXT STEP

Ready to take the next step?

Visit our website for more information on the program, how to apply, deadlines and pricing.

eblingroup.com/coach-offerings/life-gps-licensing

Eblin Group

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