



INSIGHTS & Words of Wisdom...

Including things they should have taught U in School

Veteran Owned: Naval Aviator

30+ years of training, coaching & mentoring young leaders



"... put Insights in your kid's backpacks when they head off to college."

"Insights is a true gem!"

"Insights has given me the opportunity to set my own goals for the future both personally and professionally. It has encouraged me to work towards finding balance in multiple aspects of my life."

.... In addition, I will cherish Insights forever as I know I will have my father's words of wisdom to guide me through each stage of my life."



INSIGHTS



Strategic Transformation And Results

STAR



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INSIGHTS

“Insights is a true gem!”

Develop your compass to lead & succeed in 4 perspectives: financial, personal, professional, and spiritual.

Insights & Words of Wisdom... Including things they should have taught U in School.



I wanted to share my thoughts, insights, beliefs and observations with you ... NOT because mine are right, NOT so you will have the same thoughts & beliefs as me – but so that YOU may reflect upon mine and develop YOUR OWN.

Spiritual

What drives and motivates YOUR human spirit and soul?

Personal

What is YOUR plan to build a healthy body and mind for a happy life?

Professional

What is YOUR plan to achieve professional success?

Financial

What is YOUR plan to secure financial freedom

INSIGHTS WORKSHOP

- 5 weeks, 2 hours per week
- 10 hours classroom time
- **Weekly follow-up:** discussions with parent(s), relatives, mentors, etc.

<u>Week</u>	<u>Weekly Topic</u>
1	<u>Introduction:</u> Insights Background & Overall Insights
2	<u>Financial Insights:</u> What is YOUR plan to achieve financial freedom?
3	<u>Personal Insights:</u> What is YOUR plan to build a healthy body and mind for a happy life? <u>Professional Insights:</u> What is YOUR plan to achieve professional success?
4	<u>Spiritual Insights:</u> What drives and motivates YOUR human spirit and soul?
5	<u>Final Thoughts:</u> wrap-up, YOUR next steps, additional Insights to share