

Peak Performance Mastermind Accountability Group:

Strategies for Achieving Your Stretch Goals

- What two life-changing goals are you committed to accomplishing in the coming year?
- What new behavior will you adopt to obtain what you deeply desire?
- Would you like to make this happen with the accountability and inspiration of other mastermind accountability group members?

Career Leverage, Inc. launched its first signature Peak Performance Mastermind Accountability Groups (PPMAG) in 2009, designed and led by Master Coach, Nancy Friedberg. With her results oriented, no – nonsense, yet inspirational approach, Nancy facilitates her clients to take charge of leading the life and career they desire.

A mastermind group is a peer-to-peer coaching model used to help members achieve their stretch goals in a safe and confidential space. By leveraging the group's knowledge, talents, skills, and resources, the PPMAG empowers members to achieve more success together than they would have alone.

The MMAG is ideal for men and women who are serious about making real progress in taking their career, business, health and wellbeing, finances, relationships, and/or personal interests to the next level while having fun along the way!

Our Mission is to build a community of powerful men, who together maximize and leverage each other's talents while achieving positive goal attainment. The MMAG members act as catalysts for growth, sounding boards, and champions for achieving each individual's personal vision.

The Goal

The PPMAG is designed to **maximize peak performance** – and that's not for everybody! Our goal is for participants to supportively challenge each other to attain tangible mental, emotional and financial results, allowing them to stay on top of their game.

Real, Tangible Benefits

The benefits and expanded possibilities of integrating the PPMAG concept within your personal and professional life include:

- Having a group of like-minded, highly motivated mastermind members who will respectfully but firmly hold you accountable to achieving your self-defined stretch goals.
- Gaining clarity on your personal definition of success, including setting two stretch goals (one behavioral/personal and one business-focused) with defined metrics to make that vision a reality.
- Learning and applying creative visualization and mental toughness techniques to improve peak performance.
- Attacking real-time challenges in a safe, confidential and trusting community.

- Developing the confidence and courage to feel the fear and act on your stretch goals anyway, and break out of your comfort zone.
- Eliminating limiting beliefs and energy drains from your life so you can become a peak performer.

Stretch goals manifested by members in Nancy's previous peak performance mastermind groups include:

Promotions ● Pay raises ● Leaving unfulfilling jobs and securing new satisfying ones. ● Launching or growing a business ● Radical self-care and lifestyle improvements (i.e. developing a consistent exercise routine, cultivating a meditation practice) ● Eliminating fear of financial insecurity ● Moving to a new city ● Improving and drawing boundaries in personal/professional relationships.

Commitment

The value you get from participating in the mastermind group depends on your commitment to attend every meeting and do the work in between meetings. The success of the group rests on the commitment of everyone being ALL IN! If you have a previous commitment or extenuating circumstances that may cause you to miss a meeting, speak to Nancy to see if special arrangements can be made.

Outside Monthly Meetings- Peer Coaching Partner (PCP) Support

Each group participant will be paired with a Peer Coaching Partner (PCP). PCPs are required to meet weekly for a minimum of 30 minutes to support, encourage and challenge each other to step out of their comfort zone and set, track and achieve important stretch goals. Accountability is built into the process every step of the way!

How Does It Work?

Group Makeup

The group is limited to 8 people and will consist of high achieving, action-oriented men and women from different industries with varied experience and goals. Membership in the PPMAG is by invitation only. Nancy Friedberg carefully selects members for participation based on her experience of working with them as their Coach which further ensures the success of the group.

Meeting Structure

Meetings take place twice a month and are 90 minutes.

Part 1- Peak Performance Skill Building

The first 30 minutes focuses on coaching and educating the group on various peak performances skill-building techniques to be integrated into everyday life.

Part 2- Members Hot Seat

The remaining 60 minutes is allocated for group share, at which time each member takes a turn in the hot seat to report and celebrate their previous week's success, their level of peak performance, and how they plan to achieve the next week's goal including any anticipated challenges.

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Cost & Registration

Please email the offices of Career Leverage, Inc. at nancy@careerleverage.net to learn about program fees and logistics.