

Trade in a world of stress for
Power. Freedom. Peace of Mind.



Mission Control™

Time Management & Productivity Workshop

Offered by **Executive Coaching Group, Inc.**

Program Leader:

Herma M. Schmitz

Principal, Executive Coaching Group, Inc.



When:

May 2 & 3, 2011

Day 1: Monday, May 2 from 5 – 9 p.m.

Day 2: Tuesday, May 3 from 5 – 8 p.m.

Includes 1-hour group coaching session, by phone*

Where:

271 West 47th Street, # 48E

Corner 47th Street and 8th Avenue

New York, New York 10036

Tuition:

Normally \$1,495 per person

Now \$795 for OUR ECG CLIENTS

(Maximum of 7 participants)

To register, contact: Margot Morgan, ECG Program Manager

mmorgan@ExecutiveCoachGroup.com 704-573-6647

“What can I say? I’m touched, moved and inspired by your Mission Control program. Thank you for helping me create exciting new possibilities around my concept of time, occasions and outcomes. Wonderful stuff! Thank you! Robert -- September, 2010

** Date of call to be announced. In addition, individual coaching available upon request at \$250 per hour.*

Power. Freedom. Peace of Mind.

"I'm left with a new found confidence and empowerment. Just learning the new methods of handling difficult situations and time managing have helped create a peace of mind."

"Mission Control has relieved an anxiety that I was never able to release, by providing a new mindset for all that I have to do and handle."

"It was more than worth the investment to feel excited about my work again – and my life."

"My productivity increased 50%+. Today alone I was astonished at the end of the day."

THE PROMISE of Mission Control is a significant increase in productivity and -- just as importantly for most people -- power, freedom and peace of mind in the face of all there is for you to do and handle in life.

- After Mission Control, participants are able to give themselves 100% to whatever they are doing *now*. As a result, there's a great reduction in stress and anxiety and, by focusing, a significant leap in productivity.
- No sense of being burdened by what there is for you to do and handle – the mountain off your back
- A powerful way of dealing with what you are not doing or not handling
- Lifting of guilt
- Victory over clutter
- A new ability to focus on the person or task at hand
- Completion of projects that have been unfinished for months or even years
- Greater sense of accomplishment

THE APPROACH: The Mission Control approach is unconventional. The course operates on two levels: First, by transforming participants' view -- and experience -- of time itself. Mission Control challenges assumptions we've always had about time and time management. It provides a new perspective that allows participants to use their time more wisely and productively. Then Mission Control offers a simple organizing and calendaring system for handling EVERYTHING we have to / want to / need to do in our lives. This very simple system doesn't require purchasing new equipment or materials. You adapt what you are currently using. Much of Day 2 is devoted to learning and setting up this simple system.

THE FOLLOW-UP COACHING: A 1-hour group coaching session, by phone, is conducted with participants 7 -10 days after the course. Individual coaching available upon request at \$250 per hour.