

The Chic Balance Program –Doctors Edition –Program details for January 2018

A 3 month coaching program for doctors with multiple interests, passions and roles who want to stay balanced while developing and using their many skills and talents. The first half of the program focuses on mindset work to build resilience, overcome overwhelm, manage negative thoughts, stress and limiting beliefs. The second part is career and life-design.

Program Resources

1. A video training to watch each week (12 video trainings)
2. A workbook each week to fill in (approximately 1 hour per week plus to implementation time)
3. A weekly 50 minute phone coaching session (12 calls)
4. Reading list of recommended books/resources to complement the modules

Program Modules:

Week 1: Maximise Efficiency: streamline, organise, delegate and strategise

Week 2: Clarify Purpose and Dreams: get really clear on what drives you and what you want

Week 3: Managing Negativity: identifying and managing negative thoughts emotions and limiting-beliefs

Week 4: Cultivate Happiness: increase happiness, productivity and long-term performance

Week 5: Energise: self-care for busy medical professionals

Week 6: Brain Boosting Techniques: cognitive techniques and tools for optimising creativity, problem-solving and making difficult decisions

Week 7: Money Mindset: find out how it is possible to determine your own financial trajectory as a doctor with multiple interests

Week 8: Multi-Passionate Mastery: discover a lifestyle framework (or design your own hybrid) that will allow you to pursue your many passions and dreams

Week 9: Custom-design Your Dream Life: here we will use everything covered so far to get really clear on what the life of your dreams would look like

Week 10: Making it Happen: implementing plans and tools to support continued progress

Week 11: Give and Take: getting comfortable with asking for help, being resourceful about where you get help and being able to give something back

Week 12: Beyond the Life of *Your* Dreams: Using your unique blend of skills and talents to make an even greater difference in the world...

Pricing: subject to change and seasonal discounts (will be discussed with program applicant at the time of their pre-registration discovery call)

Program Creator and Coach:

Dr Sasha Nair is an Endocrinologist and Certified Dream Coach®

For more information see chicbalance.com

