

COACHING PROGRAM

CARTWRIGHT MORRIS



3 MONTHS

Each Month

- Two 45-min Sessions (Coaching)
- 1 Hour Cohort (Teaching)
- Texts/Calls (Reinforcing)

ABSTRACT

People gain confidence by doing hard things BUT top performers in business gain confidence by doing hard things *well*. In my coaching program, I will hand you a 3-step process to do hard things well (like selling and leading others) and gain confidence in yourself, your abilities to perform at a high level, and everyday life.

SIGN UP HERE



3 STEP PROCESS

EVALUATE

- Understand how you respond to difficult things
- Create a filter for overcoming and addressing challenges
- Become an expert on yourself & the people in your life

CLARIFY

- Become Aware of Your Strengths and Weakness
- Learn to Activate Your Strengths in Your Daily Life
- Find out your stressors and energy creators

ACT

- Take Bold Action in your business and life
- Challenge your fear-based mindsets
- Become less focused on the results and more on taking action

TESTIMONIAL

"Every time I leave my meetings with Cartwright, I leave with more confidence in who I am."
– Bo Morgan

 205-240-9882

 cartwright@menareforged.com



402 Office Park Dr, Birmingham, AL



menareforged.com