**Lauren Tait’s Mindset Program**

Below you will find a simple breakdown / overview of the Mindset course.

1. **THE START OF EVERY WEEK:**
   * Each new week will begin on **SUNDAY**
   * I will post a topic within teachable that we, as a group, will focus on for **6** total days (**Sunday – Saturday**)
   * This topic will have multiple **sub-topics** within because none of us are identical and we all may need something different to get out of the topic what we desire
   * **\*\*Please note that you can access any topic/focus at any time! However, the weekly video will be geared towards the topic that is most current.\*\***
2. **ACCESSIBLE DOCUMENTS:**
   * Once the new week is underway, you will have access to a variety of documents which will include **but** are not limited to the following:
     1. HOMEWORK (work that **needs** to be completed within a 24-48 hour time frame to be most effective)
     2. DAILY & WEEKLY FOCUS
     3. SELF - REFLECTION WORK
     4. NOTE TAKING SPACE FOR THE LIVE VIDEOS
     5. LINK FOR LIVE GROUP ZOOM CALL
     6. ANY ADDITIONAL, DOCUMENTS, HELPFUL LINKS ETC THAT MAY BE NECESSARY
3. **HOMEWORK / DOCUMENT STANDARDS**
   * There is no pass or fail within this program but it is very highly recommended that you complete all assigned homework and reflection work I provide, so we as group can have good discussion on our live group calls.
   * You will get out of this program what you put into it! So, treat this program just as you would a life changing presentation or a new 1RM attempt for example.
4. **COACH COMMUNICATION** 
   * Within teachable, there is a comment section, which you can use as much or as little as you would like!
   * There will be multiples zoom calls, 1 per week, to interact, ask questions etc.
   * You will also have access to my personal email and I will have set working hours to communicate with you if you have any questions regarding the topic, homework, zoom calls etc.
5. **CLASSROOM COMMUNCATION**
   * Be kind. Any rude, negative, or any other communication that does harm in any way, will be an **automatic removal** from the program with no $$ reimbursement. **I take this very seriously.**
   * Use the comment section to communicate with others in the program.
   * It is to your discretion to give out social media or other personal information to communicate with fellow peers in this group.
   * Live calls via zoom will provide you with the opportunity to see others as well as engage in live communication.