**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.