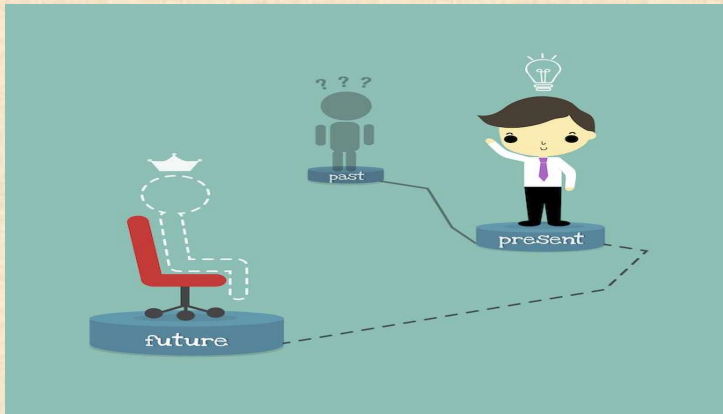


The Fasttrack Framework.

Much of persuasion and other forms of changing minds is based on a relatively small number of principles.

If you can understand the principles, then you can invent your own techniques/style.

It thus makes sense to spend time to understand these principles.



Not sure where you want to end up?
What's your vision?

your joyful and abundant future self?

Well, make it up!
Who/what do you want to be?



mpt-26 At the railway station picture talk



Confusion in the central train station will prevent you going anywhere.

You either have a destination or you're creating a new one.



Stuck and unknowing what to do.



Create a new track to the destination of your choice.



Most people when travelling into the unknown need a guide.



The concept of baby steps is essential. Persuading the body to follow the mind is challenging.

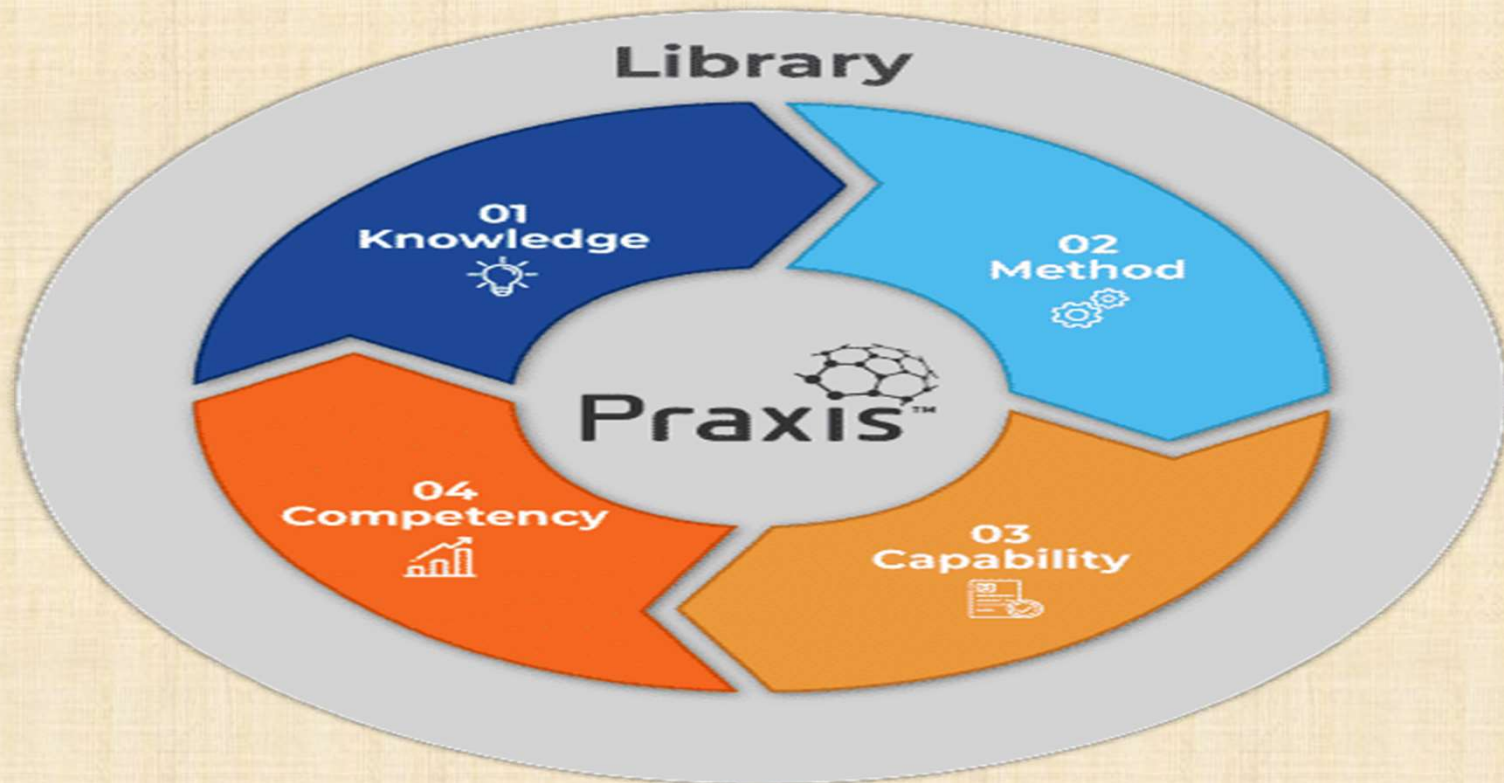
The definition of our coaching.

To teach you the skills and give you the methodology for you to solve your resistance and move forward.

The skill to recognise your resistance.

Address your intuition.

Become aware of blind spots and thought patterns
(patternology)



Intuitively we all know what to do. There is an abundance of how-to information also available.

Yet we still cannot do what must be done.

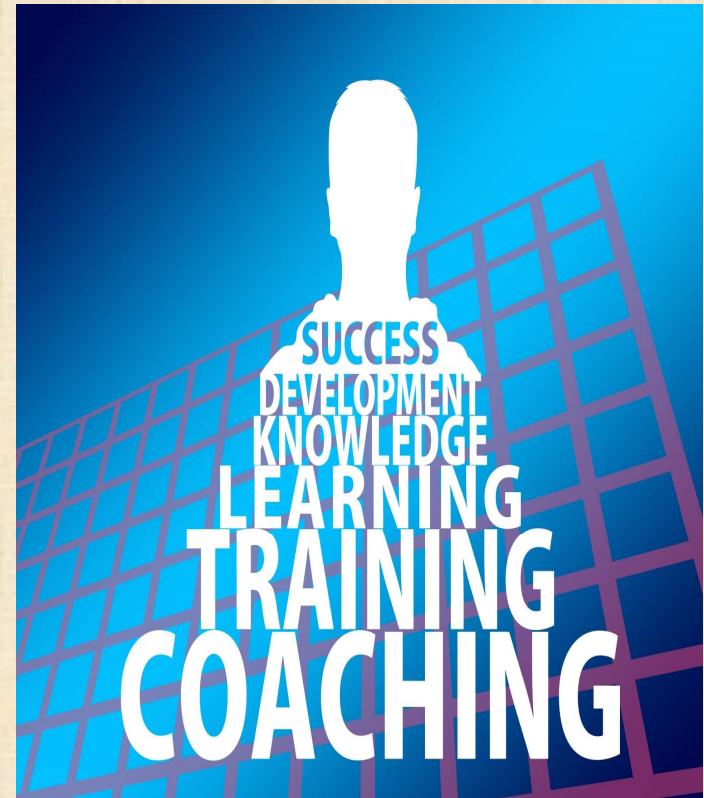
[You can access our members only library here.](#)

Courses and
coaching.

Application of the
knowledge that
creates the personal
power.

Time to learn to apply:

6-month / 12-month
courses.



Welcome to your first Coaching session.

This is an overview session:

- Before we begin these are how we work together:
- Get clear on the end game.
- 15-minute sessions (video zoom and or phone) evaluate the current resistance.
- Outline the process:
- Principles and best practice:
- Learning to listen 😊(from both)
- Homework:
- We do not solve the client's problem. We offer perspective.
- Expectations from client.

PARADIGM SHIFT

A change from
one way of
thinking to
another.



The agreements.

The frame-work must have an understanding and agreement from the client.

The Agreements are a set of principles for personal freedom and happiness.

100% Responsibility and accountability from this time on.

Be impeccable with your word.
(how you talk to yourself is critical)
Take nothing personally.
Make no assumptions.
Always do your best.

Choose: to be the creator of your life:

Choose: to live a life you love:

Choose: to stay on Purpose:

Choose: to be fit and healthy.

Be-Do-Have Model

Who I must **BE**



What I will then **DO**



So that I can **HAVE**

@tira.cole

Why Is The Be-Do-Have Mindset So Useful?

It shifts the focus from external possessions (what you have) to internal qualities (who you are).

By prioritizing being, you lead by example and influence others.

It's a mindset that fosters self-esteem and fulfillment.

Remember, the Be-Do-Have model encourages us to build our lives from the inside out, emphasizing personal growth and authenticity. ✨



Who believes that thoughts are somehow connected to your feelings?

Thoughts are real things and influence your life?

If we continually think the same thoughts every day, we create a pattern of thoughts and thoughts lead to emotions/feelings and actions.

This is a time in history when both the information and the skill to apply the knowledge are both accessible.

We know and know how.

The Universe



Concepts:

All is Mind.

Everything that is
created is first created
in the mind.

Ancient Wisdom
proved by modern
science.

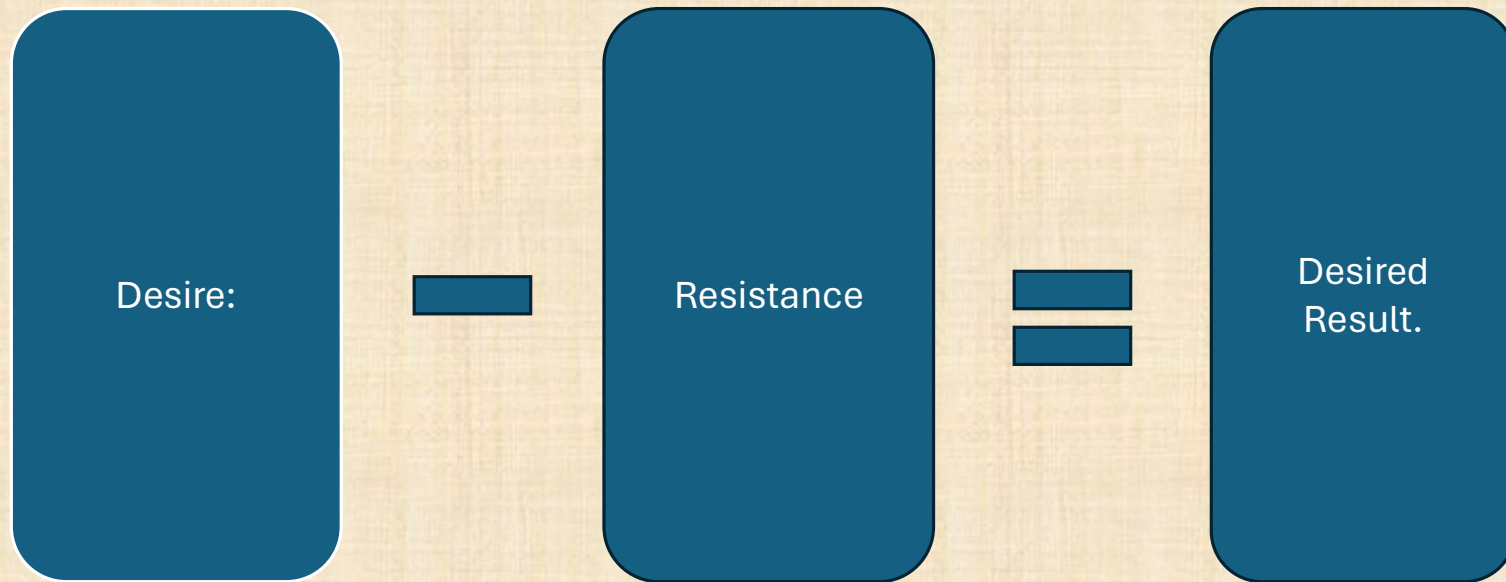
Infinite possibility:

Universe has
structure.

Has laws.

Its Consistent.

Our methodology.



This happens over time. Most people live in the instant gratification world.



As a rule, people generally work from environment.

For example, your environment is a welfare-based community.

We could prove our framework is effective.

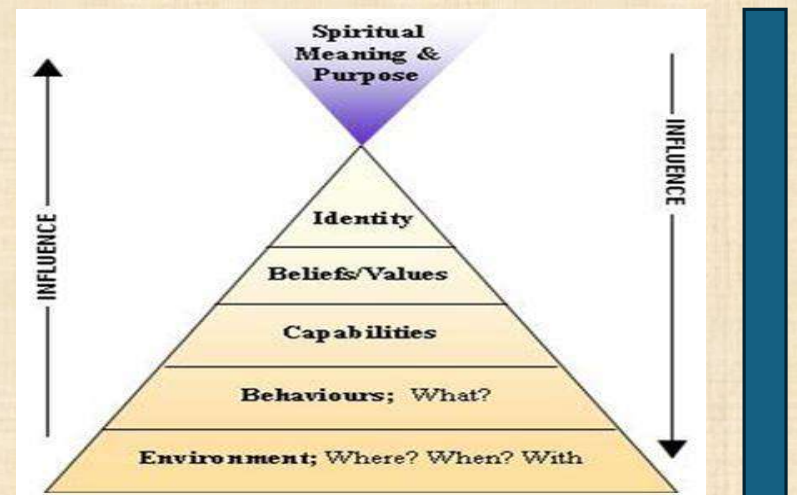
Turning my world upside down.

Most of us work from environment.

I began to act based on my vision.



Problem/solution



creator.

Out of these psychological proven concepts evolved how we use the praxis framework to solve most resistance.

This is our framework Concept:

Redesign who and how you want to BE? What is the “end result”?

“Act as If” ? Start to think like the end result.
Feel the end result.

Environment?
Who and what do you surround yourself with.

Behaviour and Actions.
Are your actions in sync with your “end result?”

Skills and Capacity:
what skills does your “end result” have and what
do you need to develop to make that real.

Beliefs?
What thoughts are appearing that suggest that your
“end result” is not possible?

This is our framework Concept:

What actions are you taking to re-assess your belief structure?

What experiences do you want to experience? How will they make you feel?

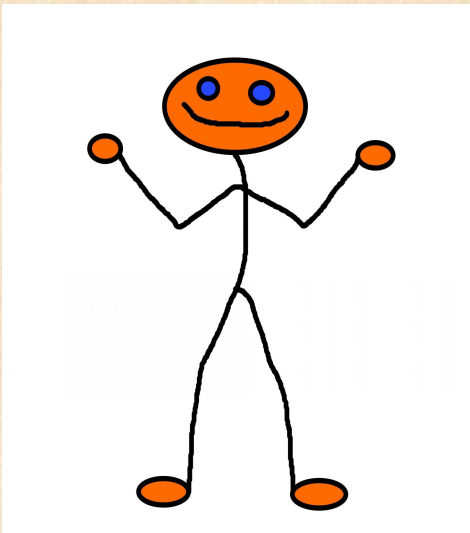
How will you feel, where will you be living, who will be your new circle of friends, etc.

Who are you now? How do you see yourself?

What new ways of being are you developing?
New actions

What is your headline story for 12 months from now?
Your being interviewed to tell your story.

You: Your bubble of reality.



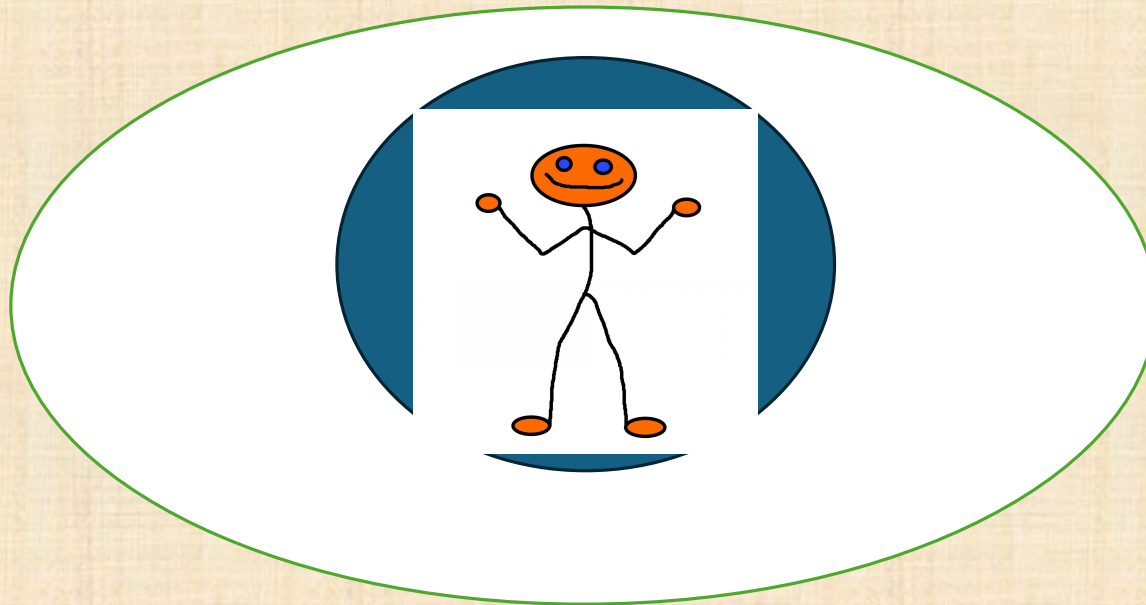
You collapse the
infinite of possibilities
that exist into your
thinking frame and
create you.

Your reality is
created by your
learnings.

We become
solvers of
problems.
This has been
learned.

Response:

WE choose from this time going forward to be 100% response....ability for our thoughts and actions.



Everything
we know
has been
learned.

This is your world that you have created, either by direct action or by allowing things to be in your life.



Often referred to as your vision.

Clarity:

This usually takes some time, because people need to be educated on the concept that goals by themselves do not work for most people.

People do not achieve their dreams primarily because the future is unknown. Our imagination works from the known. Why a role model is important.

People generally follow the path of least resistance...it's a known pathway.

The road less travelled is the unknown pathway.

The pathway to lesser goals is well known.
It's called the hero's journey for a reason.



The Ladder of Accountability.

5 step process
whereby we
measure the
commitment to
solving the client's
challenge.

The areas that we discuss in detail during the ongoing training.

Current
situation

Activity

Skills

Beliefs

Personal
Reality.

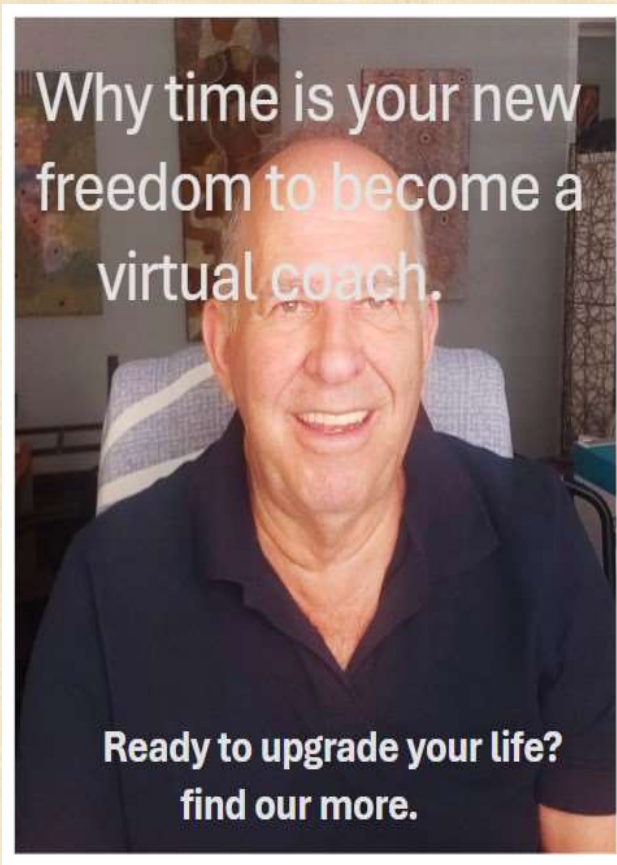


What is Empowerment Coaching:

An empowerment coach **helps clients develop in ways that enable them to feel more empowered.**

That can mean being empowered at work, school, in the family, with friends, etc.

Specifically, an empowerment coach supports clients to feel more powerful, in control, and able to manifest whatever they want or need in life.



The business of being a Virtual Coach.

Do you desire to experience joy and abundance in your life?

To have meaning and Purpose? To feel powerful and alive?

Are you a late bloomer who dreams of building a successful business?

Do you believe it's never too late to pursue your passion and create a thriving venture?

What Is the FastTrack Coaching Framework?

The **FastTrack Framework methodology** is a comprehensive roadmap designed to accelerate your entrepreneurial journey.

**That's our process.
It gets results.**

Our Coaching business itself is based on 4 core concepts

Vision : Mind Frame: Marketing: Business systems:

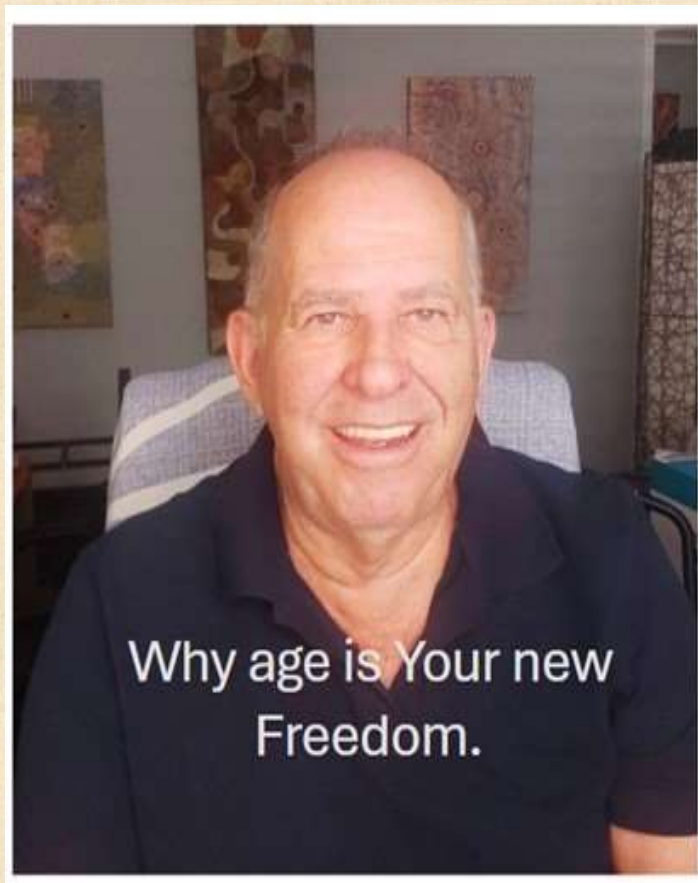
We support our fast revenue model by having a range of products designed to support our clients on their journey.

How to craft
your Vision:
The core 4
FutureSelf
Beliefs
Act as if
Rewire the
Pathway.

Mind Frame:
the core 4
Conscious
Sub
conscious
How to think
greater than
your
environment
What you
allow

Marketing:
How to craft
your offer
Enrollment
Clarity of
client
Clarity of offer.

Business
system:
Residual
income
profitability/
pricing policy
Leverage
Exit strategy



Why we say age is our new freedom?

When you look at your life journey through the framework, you will instantly see the road you travelled was not the road less travelled.

If you had this knowledge back then, your current self would have been different.

When you share this process with others, no matter what their age is, you have the knowledge of the road less travelled.

You have the “guide” ability.

[Grab the full details here.](#)