



Why Wait?! Live Your Ultimate Potentials (Ups): Building the Foundation One-Day Course

Think about this, why do some people seem to live the perfect life while others struggle? Is it because they are better educated, smarter, have more skills and knowledge than you do? Not all!-if you are struggling to live life to your Ultimate Potentials the answers to those struggles lie in your head!

Ultimate Potentials Training specializes in personal development courses, all designed to help you live your healthiest and happiest life, in other words living to your Ultimate Potentials.

I'm very pleased to share with you **Why Wait?! Live Your Ultimate Potentials: Building the Foundation.** This one-day course will get you started by coaching you on how to build a solid foundation for your best life possible. This one-day course prepares you to experience freedom from all that you have been allowing to hold you back. **You will learn how to conquer fear by knowing how to get out of your way!**



What People are Saying About the Ups Course?

"Only I can live my Ups!"

"The only thing getting in my way is me!! No more!"

"I need to stop waiting"

"Challenged me to reflect on the choices I make!"



You are not alone if you are struggling with:

- Feeling stuck and unmotivated with your job/career
- Less than desirable working relationships
- Addictions
- Poor quality personal relationships
- Fears and beliefs that hold you back
- Distrust and doubts of yourself, significant others and work peers
- Overweight, overeating and poor health
- Financial challenges
- Other limiting beliefs and thoughts that keep you playing small

Your ultimate potentials are reflective of the true blue print of what you were born with-your potentials blue print dictates how well *you* will experience your life.

Put simply, if you have been controlled by your weight, addictions, fears, and doubts, this one-day course will coach you and support you in finding your power to release yourself from your weight and other limiting thoughts and behaviours.

My name is Phyllis Reid-Jarvis, and I am delighted to share this course with you.

I am a registered dietitian, certified diabetes educator and life coach. For more than 18 years I have been coaching people on how to live their Ultimate Potentials. Many people struggle with limiting behaviours and thoughts that create results such as their poor body weights, poor relationships and unsatisfied lives. Often they focus on their weight or poor relationships and sadly end up still overweight, unhealthy and unhappy!



What if you discovered a guaranteed way to get everything you want?

Would you wait to take advantage of this knowledge? What would you say if you were told your biggest growth comes from facing your fears?



Why Wait?!

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LIVE YOUR ULTIMATE POTENTIALS! ©

What if you were told that the state of your life is only the “tip of the iceberg” and that true freedom to live your ultimate potentials lies deep within you?

At the Live Your Ultimate Potentials one-day course you will learn why your weight, relationships, job, spouse, on and on, are not the problem but instead, are results of other areas in your life that require a new and more supportive perspective.

When you register for the Why Wait?! Live Your Ultimate Potentials: Building the Foundation Course, you will experience the power of coaching. You will be given tools to support you in creating new perspectives resulting in desired results. By starting with **Building the Foundation**, you will begin to see your life from a new and more empowering perspective.

In this one-day course you will discover “Why You Become What You Believe”. You will do so through group and one-on-one coaching sessions where you will:

- Identify the four pillars of ultimate potentials and the connection between your existing beliefs, associations and performance personally and professionally
- Excavate beliefs, associations and behaviours that get in your way of living and working to your ultimate potentials
- Be coached on how to recognize the secrets to freeing yourself from limiting beliefs, fears and other challenges by using powerful coaching tools
- Begin building a new and more stable foundation that supports living your ultimate potentials

This course offers a safe environment for you to do the most important work of your life- reclaiming your authentic self. In order to get desired outer world results you will need to change your inner world.



One of the most important benefits you will gain from attending this one-day course is the fact that **you can have everything you want.** You will get everything you desire in amounts that are proportionate to your level of clarity.

This course will provide you with opportunities to become very clear about that which you desire. Then you will begin to see the power of clarity go to work for you.

You will begin the process of becoming comfortable stepping outside your comfort zone. Achieving your intentions will require you to step outside of your normal routine way of thinking, acting and believing. When this is done you will begin to see your desires come true

By clicking on the link below to register for this one-day course you will have taken the first step to living your ultimate potentials.

The best and most valuable investment in life is learning and developing you. Sadly, many of us are not taught or encouraged to do so. By registering for this course you will begin to develop the confidence to start the most valuable investment of all- investing in you!

Remember, your health is your wealth, invest in it by registering for the Why Wait?! Live Your Ultimate Potentials course and start living your healthiest and happiest life possible.

Thank you!

Register:

[WhyWait?!LiveYourUltimatePotentials!](http://www.PhylisReidJarvis.com)



By using powerful coaching tools you will be given the opportunity to learn why each of us was born to live our best life.



WhyWait?!

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