



Why Wait?! Live Your Ultimate Potentials (Ups) Weekend 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 course.** This is a 2.5 days transformational weekend course that takes you from building a solid foundation for your best life possible, to creating structures that prepare you to experience freedom from all that you have been allowing to hold you back.



What People are Saying About the Ups Course?

"Lots of information to facilitate change"

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

"I recommend this course to others"

"Very powerful, positive and uplifting!"



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 intensive weekend course will coach you and support you in finding your power in order 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 of my clients struggle with their weights and have always thought that if they could only lose weight they would be so much happier.



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?!

www.PhyllisReidJarvis.com

LIVE YOUR ULTIMATE POTENTIALS! ©

Often they focus on their weight and sadly end up still overweight, unhealthy and unhappy! *What would you do if I told you there is a guaranteed way to get to your healthiest body weight without dieting? How ready are you to manage your weight instead of it managing you?* 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 Intensive 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 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.

The first day of the 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



The second day using powerful tools, you will actively start to “Create Actions” that will lead to establishing “Structures” in your life for experiencing the life you desire.

On the final day you will gain insight on “amazing tools and tactics” you can use to maintain the structures you created and to support your new way of thinking, acting and believing. You will do so through group and one-on-one coaching sessions where you will discover, experience:

- The fundamentals of why you procrastinate and the connections between the results you see in your life
- Identifying areas for growth and how distractions or roadblocks are sign posts for the life challenges you experience
- How to create action by eliminating rather than adding things to your life
- How to identify and access resources that will help you live your ultimate potentials
- How to maintain achievements by learning how to “mine your own acres of diamonds”
- How to finish ‘the race’ and not take yourself out
- How to use a proven framework to achieve everything you desire

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 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 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 Intensive 2.5 days transformational course and start living your healthiest and happiest life possible.

Thank you!

Register:

[WhyWait?!LiveYourUltimatePotentials!](#)



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?!

www.PhyllisReidJarvis.com

LIVE YOUR ULTIMATE POTENTIALS! ©