

YOU'RE INVITED TO "ELEVATE" in 2020!!

Join our Quest to BE Your Best Self!



**"Every Woman Deserves an Opportunity
to Cultivate the Essential Life Skills
to SOAR in Work and Life
at her Highest Potential."**

~Christina Kunkle

Hey, Soul Sister! How would YOU like to:

- ♥ **CONNECT** to a higher level of *Self-Awareness*? (to live by design, not default)
- ♥ **INSPIRE** yourself to embody a healthy *Self-Love*? (to love others more)
- ♥ **SERVE** in the highest way through *Self-Leadership*? (to lead others better)

In honor of the New Year, I'm over-the-moon excited to invite you to join us as we embrace the joys of a Restorative lifestyle – working smart, playing hard, and resting well so we can rise up to our personal and professional challenges with more grace, grit, and gratitude this year.

Our Innovative Program, "ELEVATE" is deliberately crafted to Help Heart-Centered, Purpose-Driven women create Balanced Success without Burning Out. Delivered in a format that includes Supportive, Just-in-time Touchstones to Sustain meaningful and lasting change, our Transformative Synergy Blueprint is packed with Resilience Tools, Tips, and Techniques to Boost Your Well-Being with higher levels of Health, Happiness, and Prosperity.

All **Synergy Leadership Development Programs** are designed to provide massive support, structure, encouragement, accountability, clarity, training, laughter, mindset shifts – in an unconditionally accepting, relaxed environment where you feel seen, heard, and supported.

Will you indulge yourself for one precious moment? Imagine what you could be, do, or have with a record-high return on the energy, time, and resources that you invest in next year? Consider gifting yourself the love and support you deserve to create a life you love. And say "YES" to this life-changing journey with a phenomenal tribe of soul-sisters.

Soul Sisters are Precious (& the Secret Sauce to Keep Burnout at Bay!)

Close-knit “soul sisters” keep you growing, stretching, and learning – they keep you accountable to your highest values. They make you laugh and feel more like yourself when you’re with them.

I used to think that friends were the people who unconditionally comforted you when you felt wronged, showed up for you when you felt needy and insecure, joined you in righteous indignation when you felt angry, and validated you when life isn’t going your way. But also my most valuable friends are the ones who stand for my soul, even when that means saying something my ego doesn’t want to hear.

When a friend stands for your soul, she holds you accountable to your highest potential and expects you to do the same for her. When a friend stands for your soul, she understands how your ego operates—and loves and accepts you in spite of-*even because of*- what she knows. But she doesn’t sit by complacently when she watches you create your own suffering. She calls you on it lovingly and pushes you in the direction of your highest self.

No “Pity Me Sob Stories”

When a friend stands for your soul, she holds you and comforts you when you feel wronged, but she doesn’t engage in “pity me” storytelling with you. She knows there’s no need to hash and rehash your sob story, because doing so only keeps you stuck. As soon as you’ve grieved and lashed out and you feel strong enough, a friend who stands for your soul reminds you that it’s time to end your pity party and be in the solution. She even helps you find meaning in whatever left you feeling hurt or angry because she knows that life is purposeful, even when it’s hard. She is a loving truth teller, never critical, and never, ever mean. She is helping you soar higher, and she trusts that you will give her the same gift.

A Soul Friend Doesn’t Blow Smoke

Standing for your soul might require tough love. She may hold you accountable, being steadfast in standing for your soul, even as you stray off your path. She will still be there for you when you’re finally ready to accept the invitation to come home to Who You Really Are.

Standing for the soul of a friend isn’t easy. It requires uncomfortable conversations. It would be easier to just say yes to your friend’s ego. But when a friend unconditionally loves you and stands for your soul, it takes courage. It can be disruptive. There might be tears and hurt feelings. But a friend stands for your soul with great love and gentleness, even as she says what you don’t want to hear. Real friends don’t judge. They elevate you while they illuminate the parts of you that you hoped they’d never discover.

Soul Friends Guide You Home

It’s all worth it though, because these soul friends help you grow, and they invite you to grow with them. They are your guiding lights during dark nights of the soul, taking you by the hand and returning you to yourself. These friends are the guideposts leading you to freedom, and they enjoy the journey with you. They listen to your vulnerable stories and tell you theirs. They keep the heart open with you, and in the presence of open hearts, you find connection, belonging, vitality, and joy.

The Mission of this Program:

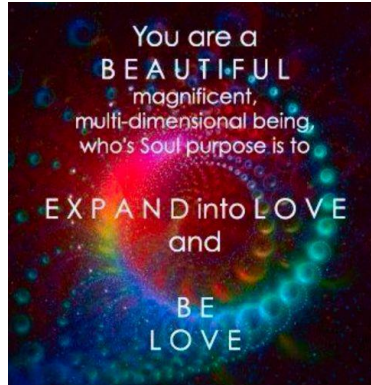
To Provide Exceptional Leadership Training and Professional Group Coaching, giving you the necessary tools to stay Focused, Positive, and Excited about Work and Life while promoting Highly Productive, Heart-Centered Collaboration and Balanced Success.

The 9-Step Synergy Blueprint for Balanced Success

- 1. Fresh Perspective** You'll discover a whole new way to approach your daily life, take nothing for granted & embrace fresh appreciation for right NOW.
- 2. Clarity** You'll get clear about your priorities, dreams, and purpose; Learn to Work Smarter not Harder with a focused mindset, and build a sense of control so that you no longer live your life in victim mode or the panic zone.
- 3. Confidence** You'll stop surviving and start thriving. Learn a Technique that Transforms Panic into Peace when overwhelmed so you can experience confident, calm energy, and put an end – once and for all – to the unconscious thoughts of fear and negativity.
- 4. Creativity** You'll unflinchingly make choices FROM your priorities, dreams, and purpose. You will get "unstuck" and let go of the things that drain you, overwhelm you, and steal your energy.
- 5. Unique Strengths** You'll finally experience a daily sense of purposefulness, direction and courage. Gain clarity about Your Unique Strengths, natural gifts and talents...and give yourself permission to shine!
- 6. Vision** You'll get a glimpse of what Leadership Success means to *YOU*, and a vision for your ideal future... What does it look like?
- 7. Leadership Success Map** Best of all – you'll create a unique PROCESS – a step-by-step guide that starts you on your way and builds momentum – making you virtually unstoppable.
- 8. Goals and Action Steps** You'll Dream Big and Plan Small, transforming massive goals down into mini-steps to avoid overwhelm; practice genuinely and clearly setting boundaries, saying no when you want to say no with grace and resolve.
- 9. Accountability** You'll be continually amazed at the positive energy and forward momentum created within small group synergy!

Top-Notch Employers realize the value of creating a culture of excellence within their organizations, investing in leadership development on behalf of their employees. Balanced Success promotes higher productivity, greater resilience, and deeper fulfillment so high-achievers can burn brightly without burning out.

A Powerful Blend of Best Practices



A Deep dive into the 4 Essential Life Skills to Build Resilience and Boost Your Health, Happiness, and Prosperity:

1. Living to Work, not Working to Live
2. Adaptability
3. Flexibility
4. Agility

ABC's, 1-2-3's, Precepts and Kaizen Philosophies for Balanced Success

The 12 Laws of Spirit (Dan Millman)

1. The Law of Balance
2. The Law of Choices
3. The Law of Process
4. The Law of Presence
5. The Law of Compassion
6. The Law of Faith
7. The Law of Expectation
8. The Law of Integrity
9. The Law of Action
10. The Law of Cycles
11. The Law of Surrender
12. The Law of Unity

5 Reiki Principals + Energy Healing tools to calm a stressed nervous system

Honoring High Sensitivity + how to nurture and protect energetic boundaries

Tips for Fine-Tuning Your Intuition and Using your Inner Wisdom as a Compass

The 5 Agreements (Don Miguel Ruiz)

The Emotional Freedom “Tapping” Technique...and more 😊

Ready to ELEVATE?

*"It takes a Village to Raise a Child,
but Soul-Sisters Grow Best in a Tribe!"*

**If you're a Heart-Centered, Purpose-Driven woman
who wants to Burn Brightly without Burning Out,
then ELEVATE is for YOU!**

**Join a small group of collaborative women, just like you,
who are ready to fly to new heights of *Balanced Success* in
2020.**

Synergy Life and Wellness Coaching, LLC

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www.synergylifeandwellnesscoaching.com

2020 Elevate Sessions

**1st Mondays
6:30 PM - 8:30 PM**

*McAlister's Deli
Harrisonburg*

February 3rd
March 2nd
April 6th
May 4th
June 1st
July 6th
August 3rd
September 7th
October 5th
Nov 2nd
Dec 7th

**3rd Mondays
6:30 PM - 8:30 PM**

*Connections via Zoom,
Socials & Special Events*

February 17th
March 16th
April 20th
May 18th
June 15th
July 20th
August 17th
September 21st
October 19th
Nov 16th
Dec 21st



FEATURES:

- **New Decade, New You! “Dream~Declare~Design~Do” Vision Board Workshop** at Beyond Restaurant Jan 6th, 2020
- **Monthly 12 VIP Passes to Synergy Success Circle Meetings.** (\$240 Value)
- **Monthly Dynamic Group Sessions** that help you shift into a Success Mindset PLUS practical, step-by-step Leadership-building strategies focused on the “Synergy Blueprint for Balanced Success.” These information-packed sessions will provide the building blocks for the new tools and skills you will learn on your journey, as well as powerful worksheets to help put them into practice right away.

Our Elevate meetings also will incorporate small group masterminding to bring out the wisdom and experiences of the group, along with direct coaching. For the Mastermind component, you'll bring your questions and receive answers from the group. You'll also provide suggestions, ideas, and your lessons learned in response to other women's questions. The group is always smarter than any single person - this format really lets the group intelligence shine, and come together in support of each other (and you can never get *too much* support in your work and life!). Accountability is one of the top benefits of coaching. It's what will ensure that you get the most possible out of this group coaching program.

- **Weekly: Growth-Sister Check-in's** (encouraged; chosen on your own)
- **Weekly: “Sunday Sojourn” ~ A Weekly Practice for Clarity** (encouraged)
- **Daily: Meaningful Morning Practices to Start Your Day Strong** (encouraged)
- **Situational: Priority Add-on Spot Coaching Calls, one-on-one, are available when needed to help keep you on track with your goals.** If you get stuck, simply reach out to arrange some one-on-one time with me. Topics can range from discussing your mindset and helping you move through limiting beliefs; to further exploring specifics of leadership. You'll be amazed at how much we accomplish in these short calls. This will also help you practice FOCUS, a key skill for productivity. (\$Priceless)
- **Situational: Priority appointments for add-on 1:1 Reiki Healing Sessions**
- **Connections, Socials, and Special Events = Fun, Adventure and Surprises.**

What excites you most about the features of our Elevate Program? What would you benefit from the most, and what would that do for you?

This Group IS NOT for you if:

- You just **want to hang out** and chat.
- You **aren't willing** to do whatever it takes to create your success.
- You are looking for a **quick fix**.
- You **blame** outside circumstances for your results.
- You **whine**.
- You **complain**.
- You **need things your way**.
- You **like your comfort zone**.
- You **aren't ready** to take a stand for your Success.
- You **don't like to have fun**.
- You **don't care** about having more peace in your life.

This Group IS For you if:

- You want **high-energy, high-content**.
- You appreciate a mentor who is **willing to be vulnerable**.
- You want a mentor who will **pull back the curtain** and share it all.
- You know who you're **BEING** is only part of the leadership success equation.
- You know what you're **DOING** is only part of the leadership success equation.
- You work well with being given tons of **resources and templates**. You know you want to work smarter not harder.
- You will do whatever it takes to create your success – **you just need to be shown the way**.
- You have a **heart of gold and are willing to work with others**, laugh with others and receive support from others.
- You like winning **prizes**.
- You want a **hands-on program** so you can implement right away.
- You appreciate having your **questions answered**.

My wish for you is:

- That you **lead with your heart**, not your head.
- That you **let go of the load of long-ago messages** & beliefs that said "You Can't."
- That you **give willingly**, trusting the same will be given back to you.
- That you **stand tall, stand proud, stand strong** and declare LOUDLY, "These are my unique gifts and I choose to share them with as many people as possible."
- That you **stop complaining** and start creating.
- That you claim clearly, "**NO**, I will not be just like everyone else."
- That you set yourself up to **be supported**.
- That you **stop hiding** and start sharing.
- That you **open your heart**, put down your shield and allow yourself to receive.

***"Because you have to do it by yourself,
And you can't do it alone"
~Martin Ritte***

Investment:

My intention is to make this program AFFORDABLE FOR EVERYONE. Simply choose which of these two options best suits you: For your convenience I accept checks, and credit card payments through Venmo (0% fee) Pay Pal. (+3% processing fee.)

1. ___\$1,497 pre-pay in full early-bird before January 18th, 2019 (Save 3%).
2. ___12 payments of \$128.50 each (first payment due at time of registration, remaining 11 payments due by 11th day of each month Feb through Dec, 2020).

“Successful people take decisive action. They don’t over-think everything; rather, they trust their gut. When they are presented an opportunity that answers their greatest challenge, they say YES to it immediately, knowing that it was divinely given. They don’t hesitate; they don’t delay. They know that because the opportunity was presented, it was meant to be. This is the ONE universal characteristic that makes them successful and helps them create results that astound all others around them.

~Fabienne Fredrickson

*“If you always do what you've always done,
you'll always get what you've always gotten.”*

~Walter Goethe

*“There is a space for you in the world with your name on it...
and your part is the lead part. No matter who you are, it’s the lead.
Because only you can play it, and without you it doesn’t happen.”*

~Flo Magdalena

*“I am a beacon of light shining in the darkness;
within me burns the fire of inspiration urging me onward and upward. I
feed this fire with Grace, Grit, and Gratitude—offering space to everything
& everyone, including myself, in which to awaken, remember, decide, and
grow. From this place of Transformative Synergy we all surrender to the
process of first F.L.Y.ing, and then SOARing, into a higher state of Being.”*

~ Christina Kunkle

 **ELEVATE IN 2020!** 
Leadership Development Program Application

Please complete, (E)-sign & return agreement
Or mail to 4033 Cannery Woods Drive, Bridgewater, VA 22812
to save your space in the program

Name _____

Address _____

Email _____

Day Phone _____ **Evening** _____

Birthday (Date and Year) ____/____/____

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Your payments **may be tax deductible as professional expense** or able to be withdrawn from flexible spending accounts. Please check with your employer &/or tax consultant.

To help ensure our time together is spent on issues that are of greatest importance to you, please keep payments easy-breezy. I ask for your prompt attention to this detail.

I understand that Christina Kunkle is not a licensed therapist and that I am responsible for all my decisions, actions and feelings.

Congratulations on giving yourself the gift of Coaching! Get ready for the amazing results of having **Inspiration, Motivation, Education, Synergy of Partnership, and Accountability** built into your powerful Group Coaching program!

Participant Signature _____ **Date** _____

***Partial Scholarships available. For more information
Contact Christina Kunkle 540-746-5206***