



COR.E Wellbeing Dynamics™

COR.E Wellbeing Dynamics™ is a systematic approach to reducing your stress levels and creating optimal wellbeing in all areas of life.

To attain your highest levels of personal life performance and potential, you need to not only be engaged and be a self-leader, you must also feel you are experiencing wellbeing in all areas of life that are important to you (health, career, relationships, money, etc.).

Wellbeing is an optimal state of mind which allows you to...

- be more engaged in your life,
- reduce your stress levels,
- enjoy more energy, and
- create the change you desire.

COR.E Wellbeing Dynamics™ draws on the concept that everything we do in life is a performance. How you show up in your thinking, doing, and being impacts the experience you will have in that moment.

Performance is not just how a singer performs on stage, how an athlete performs in a competition, or how an executive performs in a team meeting. It is also related to how you perform actions that create greater wellbeing, such as reducing stress, eating in a way that properly fuels your body, feeling financially successful, having meaningful relationships, and including physical activity in your week.

COR.E Wellbeing Dynamics™ integrates a knowledge base with the use of an assessment and a learning process that facilitates greater wellbeing for individuals in whatever area of life they would like to feel more successful, satisfied, and engaged.

Imagine this... what might be possible if you...

- were more aware,
- were more confident,



WELLBEING
DYNAMICS™

- were more consistent,
- were more connected to others and self, and
- had access to systematic, repeatable approach to wellbeing?

Contact me to learn how you can improve your wellbeing today.

Stress

“Life is 10 percent what happens to me and 90 percent of how I react to it.”

- American Author Charles Swindoll

The good news... stress isn't all bad. It can stimulate us and help us hop out of bed with an agenda. It activates the brain's thinking centers and can get us into action. In fact, having no stress can make us feel lazy or unmotivated.

The bad news... when we perceive a situation to be a threat or experience a feeling of being unable to control the circumstances, stress can cause destructive reactions such as overeating, anger, irritability, and helplessness. Chronic stress can cause physical symptoms including headaches, upset stomach, elevated blood pressure, chest pain, and sleeping problems. It can even bring on or worsen certain symptoms or diseases.

The best news... as a COR.E Wellbeing Dynamics™ Specialist, I can help you identify triggers that create unwanted stress in your life. Once we identify your stressors, we will come up with interventions, strategies, and techniques to transform them from energy that works AGAINST you, to energy that works FOR you.

Common effects of stress:		
On your body	On your mood	On your behavior
<ul style="list-style-type: none">• Headache	<ul style="list-style-type: none">• Anxiety• Restlessness	<ul style="list-style-type: none">• Overeating or undereating

<ul style="list-style-type: none"> ● Muscle tension or pain ● Chest pain ● Fatigue ● Change in sex drive ● Stomach upset ● Sleep problems 	<ul style="list-style-type: none"> ● Lack of motivation or focus ● Irritability or anger ● Sadness or depression 	<ul style="list-style-type: none"> ● Angry outbursts ● Drug or alcohol abuse ● Tobacco use ● Social withdrawal
---	---	--

How ready are you to have more energy, more fun, and be more in love with your life?
How ready are you to experience a life of greater wellbeing in all the areas of life that are important to you?

COR.E Wellbeing Dynamics™ can help you experience greater:

- Physical energy;
- Empowerment;
- Engagement; and
- Success.

Contact me to learn how you can reduce your stress today.

SCOPE™ Assessment

What would be different for your life if you could understand how to create the BEST outcome for whatever it is you're about to undertake?

You'll achieve amazing results when you approach every task or situation without stress, tension, or anxiety.

Discover SCOPE™

SCOPE allows you to understand what you need to shift/adjust to increase the likelihood of performing to your potential. Monitored over time, it will also reveal the



patterns and tendencies that promote high performance in the workplace and in life, therefore increasing your wellbeing.

Discover SCOPE™

A free assessment app that measures your energy **in the moment** in relation to what you are about to do, reveals what's most influencing your energy at that moment, and provides you with the means to intervene and enhance your potential to take positive action **in real time**.

Available in the Google Play and Apple App stores, SCOPE can be taken in approximately 2 minutes and can be used any time and any place to...

- pinpoint what is causing you stress,
- get tips to shift into high performance, and
- consistently produce the results you want.

Contact me for a complimentary 20 minute debrief of your SCOPE results and learn how to increase your wellbeing!

Book a Strategy Session

If you're considering working with a COR.E Wellbeing Dynamics Specialist, the best place for you to begin is with a Strategy Session.

Whether you ultimately pursue mastering COR.E Wellbeing Dynamics in a group or one-to-one relationship with your Specialist, the program must fit your unique needs, goals, and vision. This Strategy Session will help you begin to form a more complete vision for how you will practice, approach, and master your game.

Contact me to schedule your session today!

Trademark for COR.E Wellbeing Dynamics is wholly owned and used by permission of the Institute for Professional Excellence in Coaching (iPEC).

Web copy used by permission. No reproduction or retransmission is permitted without expressed written consent of Bruce D Schneider and iPEC. © 2014 - 2017 iPEC.