

The 360° Solution™ 'Fit for Life' program is a seven stage process that helps you to create a conscious, compelling and achievable plan for your future across all aspects of your life. Each stage in the process has a distinct set of program modules and there is continuity from one module to the next.



Stage One

The Life Evaluation™

During the first stage of the process, you will be given a range of cutting edge tools, concepts and strategies to assist you in evaluating and benchmarking your current life personally, professionally and financially. You will gain enormous insight into your current life & create an action plan for moving forward and tracking your progress.



Stage Two

"The Health & Lifestyle Risk Profile™

Without our health, many of our goals and aspirations will not be realised and so stage two of the program helps you to identify and recognise if your current lifestyle habits are conducive or destructive to you achieving your life long goals and dreams. You will complete The Health and Lifestyle Risk Profile™ and gain an awareness of what aspects of your lifestyle could increase your risk of illness and those that may reduce your risk.



Stage Three

The Values Exploration™

In stage three, you will get really clear on what is driving all of your behaviour when it comes to your personal core values around money, health and fitness, your career, family, relationships and your legacy. These values will link directly to the goals that you set later in the program.



Stage Four

The Vision Commitment™

During this stage of the process you will develop your future vision and clarify what you would like your life to look like 12 months and 5 years from now. You will also have the opportunity to create your legacy blueprint. This is where your new reality really starts to take shape and you have a vision for your bigger future. Your new vision is the driving force in helping you create an action plan for the present.



Stage Five

The S.M.A.R.T Game-plan™

This stage is about setting up your personal strategic plans where you will use a range of proven tools and templates to develop specific, measurable and achievable goals to achieve your hopes and dreams. These goals will be linked directly to your values and your future vision.

You will gain insights into what is driving your behaviour and the internal dialogue that can sabotage your goals. You will be given a set of strategies and a framework that will help you re-frame and transform any set-backs or road blocks that may be preventing you from being who you are truly capable of being.



Stage Six

The Lifestyle Continuity Plan™

We will review everything in your life that is important to you and work with our strategic partners to set up a Lifestyle Continuity Plan and mitigate any risks should the worst happen and you are unable to work and produce an income.



Stage Seven

The Monitoring System™

The final stage of The 360° Solution™ 'Fit for Life' program is where ongoing accountability sessions can be put in place to monitor and track your progress as you work toward achieving your goals and aspirations.