

# Strategy Session

For

## Existing Clients

- Have you lost the mood for carrying out your action plan?
  - Did implementing it seem like too much work and become intimidating.
- Have other people resisted you taking action on turning your troubled loved ones around?
- Have you forgotten most of what you learned from me and just want to “scream” and have things be better?

Then it is time to create a second plan, a plan that takes in your new circumstances, and a plan that fixes what is holding you back from teaching your child how to perform in life.

“There has never been one millionaire or Olympic athlete that did not stumble, stop, re-evaluate, and continue with a new plan to try again. What makes you think you should be different?”

Tom Barthel

See next page for overview:

## In our time together, we will take on:

### **1. Observing the “big picture” of your problem:**

- a. Is it you that has struggled to move forward or your child?
- b. Are you certain what your role as a parent actually is?
- c. What are you actually willing to risk to effectively teach your child how to help themselves?

### **2. Where your family is at right now:**

- a. What has gone well since we last met? What has gone poorly?
- b. What was the exact point time things took a turn for the worse and you felt like things were falling apart again?
- c. What are the top 3 resources at this exact point in time to get you to the next milestone of success, one step at a time- literally.

### **3. The driving forces behind the problem:**

- a. Are you being your own worst enemy, or is it actually someone else?
- b. Why are they doing that? Why are you doing that?
- c. What is one thing you are the most afraid of in facing your responsibilities to help your troubled loved one learn how to succeed?

### **4. The solutions to remedy those driving forces:**

- a. What is one comfortable and fun strategy that you can do to help your child right now and give yourself a reward?
- b. What is one “uncomfortable” and fearful strategy that you can do to get yourself “out of your own way” in helping your child learn to succeed?

### **5. The “Big Picture Map” for the long term:**

- a. A 5-10 year road map so you can understand the relevance of everything that matters now, what will matter later on, and what you shouldn't be doing because it doesn't matter in the long run.

### **6. A step by step action plan for the short term:**

- a. An action step starting with the first night after our session together, followed by chronological action steps for the following 4-5 weeks.
- b. This will transition into the long term plan.