

MOTIVATION MANAGEMENT

Stop babysitting. Start leading. Four live Precision Pulse Sessions on leading, developing and maximizing the people already on your team — each one customized to the workforce problems your leaders report, with the 26-video curriculum worked through between them.

FOUR LIVE SESSIONS

One a month, virtual — customized

26-VIDEO CURRICULUM

Between sessions · three phases

WHO IT IS FOR

The leader whose bottleneck is other people

ALSO INCLUDED

LP Planner · 12 months of coaching

SESSION 1

UNDERSTANDING MOTIVATION & WORKFORCE PERFORMANCE

Motivation fails for reasons that have nothing to do with effort. Session one exposes why, and where the gap between what your workforce can do and what it does actually sits.

PHASE 1 — LAYING THE FOUNDATION

WEEKS 1-4

IN THE SESSION, PARTICIPANTS WILL

- ◆ Examine why motivation fails, and why motivating harder makes it worse
- ◆ Map the workforce gaps showing up in their own crews right now
- ◆ Increase self-awareness of how their leadership is read by their people
- ◆ Work the specific frustrations the cohort submitted before the session
- ◆ Learn the language to discuss motivation without guessing at it

AFTER THE SESSION, PARTICIPANTS WILL

- ◆ Recognize the difference between a people problem and a person
- ◆ Diagnose disengagement instead of reacting to it
- ◆ Increase performance without increasing burnout
- ◆ Stop spending management time babysitting
- ◆ Have a shared vocabulary for motivation with their peers in the room

SESSION 2

SOLVING ROOT-CAUSE PEOPLE PROBLEMS

Burnout, accountability and communication are usually symptoms. This session works the causes underneath them, using the real cases the cohort brings.

PHASE 2 — ACCELERATING PROGRESS

WEEKS 5–8

IN THE SESSION, PARTICIPANTS WILL

- ◆ Separate burnout from performance, and treat each correctly
- ◆ Install accountability systems that hold when no one is pushing
- ◆ Practice the leadership communication that surfaces the real issue
- ◆ Run the cohort's reported cases through a root-cause process
- ◆ Decide which problems to solve and which to stop absorbing

AFTER THE SESSION, PARTICIPANTS WILL

- ◆ Improve communication and accountability across the team
- ◆ Address the cause rather than re-managing the symptom
- ◆ Reduce burnout while output goes up
- ◆ Solve repeat people problems instead of rotating through them
- ◆ Hand work to their team with confidence that it lands

SESSION 3

INSTALLING SUSTAINABLE LEADERSHIP SYSTEMS

A leader who has to be present for the system to work does not have a system. This session installs the structure: time, values-based execution, and alignment across the team.

PHASE 3 — THE 90-DAY GOAL RUSH

WEEKS 9–12

IN THE SESSION, PARTICIPANTS WILL

- ◆ Optimize where leadership time actually goes
- ◆ Build value-based execution into how work is assigned
- ◆ Apply team alignment strategies to their own crew structure
- ◆ Create measurable progress without constant oversight
- ◆ Build the repeatable leadership systems the company can keep

AFTER THE SESSION, PARTICIPANTS WILL

- ◆ Maximize the talent and resources already on the team
- ◆ See sustainable performance instead of monthly pushes
- ◆ Reduce the supervision every task needs
- ◆ Give their people a structure they can operate inside
- ◆ Run a 90-day goal to completion with their team

SESSION 4

BUILDING UNBREAKABLE LEADERS

The final session measures what changed, then builds the long-term implementation plan so the leadership the cohort installed outlasts the program.

COHORT ISSUES, LIVE

CERTIFICATION REVIEW

IN THE SESSION, PARTICIPANTS WILL

- ◆ Measure progress against where the cohort started
- ◆ Build the long-term implementation plan for each company
- ◆ Work the leadership obstacles still standing, live
- ◆ Set sustainable workforce leadership practices for the year ahead
- ◆ Set how the work continues inside Optimal Performance Coaching

AFTER THE SESSION, PARTICIPANTS WILL

- ◆ Leave with a measurable plan for their team, in writing
- ◆ Know how to prevent burnout inside their own leadership group
- ◆ Increase leadership durability across the company
- ◆ Qualify for their certificate of completion
- ◆ Continue with 12 months of coaching behind them

THE FRAME AROUND THE FOUR LIVE SESSIONS

WHAT EVERY PARTICIPANT GETS

FORMAT	Four live virtual sessions, one a month — each one a Precision Pulse Session : the designed topic plus the live issues participants report in the between-session survey.
COHORT	10–20 participants, grouped by position — Executive room or Manager / Leader room. Cameras on.
BETWEEN SESSIONS	The program's digital training (this is where the recorded workshops live), the Life Pulse Planner (digital and physical), and the survey that builds the next session. Under an hour a week.
RECORDINGS	Every session is recorded and posted to participants after the session.
COACHING	12 months of Optimal Performance Coaching, so development continues after Session Four.
CERTIFICATION	Certificate of Completion , issued by Life Pulse. Continuing-education credit applies at some organizations, based on their own standards — documentation of hours and content supplied on request.
PAYMENT	Pay in full at checkout, or three monthly payments — both available on every order.
STARTS	Starting November 2026. Exact dates are selected once the group is formed, to best suit participants' schedules — if the confirmed schedule conflicts with yours, a full refund is available.

Digital curriculum: 26 videos across three phases — Laying the Foundation (weeks 1–4), Accelerating Progress (weeks 5–8), The 90-Day Goal Rush (weeks 9–12). Content is based on the #1 international best seller *Motivate the Unmotivated*.