

THE UNBREAKABLE WORKSHOP

Individual capacity — do more, succeed more, and experience fulfillment along the way. Four live Precision Pulse Sessions, customized to what your people are dealing with — with the three Unbreakable workshops (Foundation, Power, Glue) worked through between them.

FOUR LIVE SESSIONS

One a month, virtual — customized

3 DIGITAL WORKSHOPS

Between sessions · 34 trainings:
Foundation 13, Power 7, Glue 14

WHO IT IS FOR

The leader whose own capacity is the bottleneck

ALSO INCLUDED

LP Planner · 12 months of coaching

SESSION 1

FOUNDATION — INCREASE BANDWIDTH, MINIMIZE BURNOUT

The Foundation workshop gives you a structure for being intentional in every area of your life, so you waste less time and get more done with the time you have.

13 INDIVIDUAL TRAININGS

HOMEWORK: FOUNDATION LIBRARY

BETWEEN THE SESSIONS — THE FOUNDATION WORKSHOP COVERS

- ◆ Learn the customizable 9-part productivity system used as the LP
- ◆ Walk through the systematic process of gathering thoughts prior to planning
- ◆ Apply the 9-part process to their own role and situation
- ◆ Understand how to achieve success in all four Vital Signs of Fulfillment
- ◆ Practice a tool that makes what matters to them visible to the people around them
- ◆ Understand the power of single-task focus over multitasking
- ◆ Walk through using the LP to improve communication with their team, in and out of the workplace

AFTER THAT WORKSHOP, PARTICIPANTS WILL

- ◆ Gain 2–3 productive hours per day by implementing the LP system
- ◆ Strategize around roadblocks more quickly instead of stalling on them
- ◆ Narrow down tasks effectively to boost focus and productivity
- ◆ Feel more intentional each day
- ◆ Communicate more effectively with teams, both inside and outside work
- ◆ Feel prepared and less overwhelmed heading into team meetings
- ◆ Uncover issues with tasks and projects before they escalate
- ◆ Feel less stressed and more capable

The live session is a Precision Pulse Session. It is built around the issues this cohort reports in the survey beforehand, on the theme of Foundation — not a fixed lecture. The workshop listed here is the digital work participants complete between sessions.

SESSION 2

POWER — MANAGE WEAKNESSES, LEVERAGE STRENGTHS

With a foundation in place, Power is where you access your maximum capacity: the strengths that stay bottled up through lack of awareness, and the values that decide where they go.

7 INDIVIDUAL TRAININGS

HOMEWORK: POWER LIBRARY

BETWEEN THE SESSIONS — THE POWER WORKSHOP COVERS

- ◆ Identify internal strengths bottled up by lack of awareness (the 40% rule)
- ◆ Position their strengths to get the outcomes they want faster, with less stress
- ◆ Differentiate true core values from things they merely want
- ◆ Set up the weekly plan around core values, so every task gets what it needs
- ◆ Articulate and define their core values
- ◆ Practice a system for focusing on the important and disregarding distraction
- ◆ Analyze how to control their actions in any situation

AFTER THAT WORKSHOP, PARTICIPANTS WILL

- ◆ Increase the likelihood of completing the tasks they set out to do
- ◆ See confidence rise and self-doubt fall around their daily schedule
- ◆ Articulate what matters to them, to the people around them
- ◆ Foster a culture where individuals know their strengths and are assigned accordingly
- ◆ Articulate their strengths to management more effectively
- ◆ Approach conflict differently and resolve it faster than before

The live session is a Precision Pulse Session. It is built around the issues this cohort reports in the survey beforehand, on the theme of Power — not a fixed lecture. The workshop listed here is the digital work participants complete between sessions.

SESSION 3

GLUE — DISCOVER PURPOSE, ELIMINATE EXCUSES

Glue is what holds the first two together: participants see their position as the vehicle for the life they actually want, which is when the work starts to hold on its own.

14 INDIVIDUAL TRAININGS

HOMEWORK: GLUE LIBRARY

**BETWEEN THE SESSIONS — THE
GLUE WORKSHOP COVERS**

- ◆ Build awareness of the difference between passion and purpose
- ◆ Understand the purpose of the company and the value of their position inside it
- ◆ Analyze the question “why are you here?” and spend real time answering it
- ◆ Learn how to connect purpose to daily tasks
- ◆ Create a personal filter to use when making a decision
- ◆ Walk through the process that narrows purpose down to one sentence

**AFTER THAT WORKSHOP,
PARTICIPANTS WILL**

- ◆ Know what decision to make no matter the level of difficulty
- ◆ Connect purpose to every task and find fulfillment in all of it
- ◆ Use their current role as a road map for their career
- ◆ Articulate their purpose clearly
- ◆ See an even greater boost in productivity
- ◆ Experience less confusion in decision-making and advancement
- ◆ Show an increase in expressed gratitude

The live session is a Precision Pulse Session. It is built around the issues this cohort reports in the survey beforehand, on the theme of Glue — not a fixed lecture. The workshop listed here is the digital work participants complete between sessions.

SESSION 4

IMPLEMENTATION — MAKE IT HOLD ON THE JOB

The fourth live session is not new theory. It is the cohort's own results on the table: what was implemented after Foundation, Power and Glue, what broke, what it is costing, and what happens next.

COHORT ISSUES, LIVE

CERTIFICATION REVIEW

IN THE LIVE SESSION,
PARTICIPANTS WILL

- ◆ Review what each participant implemented across Foundation, Power and Glue
- ◆ Work the roadblocks the cohort reported in the final survey, live
- ◆ Diagnose the root cause under the problems that keep coming back
- ◆ Build the 90-day plan each participant leaves with
- ◆ Set how the work continues inside Optimal Performance Coaching

LEAVING THE SESSION,
PARTICIPANTS WILL

- ◆ Leave with a written plan, not a set of notes
- ◆ Know which habit to protect first when the season gets busy
- ◆ Have their remaining questions answered in front of the group
- ◆ Qualify for their certificate of completion
- ◆ Continue with 12 months of coaching behind them

There is no fourth workshop. The three digital workshops are complete by now — Session Four is a live Precision Pulse Session on implementation and certification review, built from what the cohort reports in the final survey.

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 training: 34 individual trainings across Foundation (13), Power (7) and Glue (14). Participants work the library that matches the session ahead of them.