



## Group Coaching Class Schedule

### ***CLASS 1: FOUNDATIONS: Thinking about Thinking***

In this first (and required) foundations class you will learn:

- How we develop our thinking and how it impacts our behavior
- How ThinkX science works and what your Px-12 Profile means
- How you have the power to optimize your thinking to level up in all areas of life

***Note: This class is a required class before you attend any other classes in the series. Once completed, you will receive a confirmation code to use to register for other classes.***

### ***CLASS 2: WHO AM I?***

The foundational principle of knowing who you are is a key thinking re-set for many people.

In this class, you will learn:

- The foundational principle of knowing who you are.
- Why re-setting your thinking around identity can help you be more self-assured and confident.

This class is especially helpful for those who have high scores in the Controlling, Need for Reassurance, and/or Self-Defeat performance thinking drivers.

### ***CLASS 3: DEVELOPING RESILIENCE***

Gain understanding about the thinking that equips you to face and overcome risks and challenges in life. Resilience is built on a confidence within yourself. The skills in this class will help you learn a healthier approach to overcoming challenges and learning from mistakes.

In this class, you will learn:

- How to develop the thinking that drives resilience
- How to face, overcome, and learn from challenges when they come
- How to believe in yourself and find true confidence

This class is particularly helpful for those who scored high in the Self Defeat driver.

### ***CLASS 4: DISCOVERING SELF-WORTH***

Unlock your sense of self-worth by giving up the need for the approval from others in your personal and professional life. The tools you will learn in the class help you build confidence and an increased self-assuredness.

In this class you will learn:

- How to release your innate need for approval, and unlock your self-worth
- How to become an independent thinker and be more self-assured
- How to have the confidence to speak up for yourself and your needs

This class is particularly helpful for those who score higher in the Need for Reassurance driver.

### ***CLASS 5: PRACTICING HEALTHY COMMUNICATION***

Those who are effective at communication have learned the power of expressing thoughts and feelings. This class gives you the tools to share thoughts and feelings more readily, so that you become more engaging and interactive with others.

In this class you will learn:

- How to re-connect to your language of feelings
- How to recognize the impact of expressivity to personal and work life
- How to naturally engage at an emotional level

This class is particularly helpful for those with a low score in the Interpersonal driver.

### **CLASS 6: BECOMING MORE ORGANIZED**

Understand the underlying thoughts that drive effective organization. You can learn to make the shifts in underlying thinking that will help you be more organized, at work and at home.

In this class you will learn:

- How to be more organized at work and at home
- How to think more systematically to reduce your stress
- How to develop thinking that supports healthy habits

This class is particularly helpful for those with a low score in the Systematic driver.

### **CLASS 7: DEVELOPING REALISTIC EXPECTATIONS**

Living life with a high level of demanding pressure from self-imposed expectations can be causing stress and unnecessary damage to your relations. This class will show you how to make the shift from being demanding and judgmental, to being more collaborative and realistic in setting and achieving personal or professional goals.

In this class you will learn:

- How to establish healthy expectations of yourself and those around you.
- How to ask questions and be open-minded when listening to others' suggestions.
- How to be more flexible and accepting of life's challenges, without stress.

This class is particularly helpful for those with a high score in the Controlling driver.

### **CLASS 8: BUILDING GREAT RELATIONSHIPS**

Discover the power of being fully present for others and increasing your natural level of empathy and understanding. These critical relational skills can help you optimize your thinking and help you become a more relational person.

In this class you will learn:

- How to be quicker to show genuine caring and concern for others.
- How to listen to others and be fully present.
- How to be more engaging and complimentary toward those around you.

This class is particularly helpful for those with a low score in the Relational driver.

### **CLASS 9: DEVELOPING COLLABORATIVE SKILLS**

Learn how to overcome the internal thoughts that drive oppositional or skeptical behavior with people around you – at work and/or at home. Developing new thinking can help you engage and creatively collaborate with others.

In this class you will learn:

- How to be more open to the input from others and seek collaborative solutions.
- How to ask engaging questions to invite critical thinking.
- How to help others think well without being argumentative or contrary.

This class is particularly helpful for those with a high score in the Skeptical driver.

### **CLASS 10: LETTING GO SOCIAL ANXIETY**

Anxiety and stress from being reactive or over-sensitive can be debilitating over time. Learn to overcome self-consciousness and gain greater confidence.

In this class you will learn:

- How to recognize the objectivity of communication and events around you.
- How to focus on the content and not the intent of what others say.
- How to accept who you are and develop healthier root source thinking.

This class is particularly helpful for those with a high score in the Self-Conscious driver.

Questions? Contact us at [Connect@ThinkXGo.com](mailto:Connect@ThinkXGo.com)