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# MOVE PAST FEAR AND DOUBT AND STEP INTO FREEDOM

..... **On a FastTrack** .....

*So you can overcome indecision in your career, create a clear  
plan of action to manifest your dreams, all without getting  
out of your comfort zone.*

**If you're a professional, hard worker or leader looking to take a quantum leap in your career growth while feeling happy, adding value and growing others too, then you already know that you need to be continually in *personal growth mode*.**

You've worked hard to get where you are. You've overcome a lot of obstacles and you are respected in your field. People come to **you** for support and you help, naturally, because it's part of who you are to serve people. Sometimes though, it feels like you may be **undervalued** for the amount of support you give. You realized recently (or for longer than you'd care to admit) that you've hit a wall and you are so done with this job. You are not happy. You want more but you're tired. Maybe you've looked at the job postings but are not sure how to make the next move. But you **KNOW** you have more to offer if someone would just recognize it! You are still waiting to be discovered. There are reasons why you are stuck.



# What are you Telling Yourself?

There are many opportunities out there but most likely the problem lies within. Here are some thoughts you may be thinking that could be holding you back from your next best opportunity:

» **I'm not good enough**

This is a common thought that 99% of the human population thinks to some degree or another. Are you aware of it? Do you question it? This not enoughness feeling is part of the human condition.

» **I'm waiting for someone to discover me**

We often feel like our work should speak for itself and others should recognize how brilliant or diligent we are.

» **Fear: It's too hard**

Life is complicated. It's easier to put up with long term discomfort over short term pain.

» **There's a poor job market**

You may be thinking the economy is bad and your field is oversaturated with competition. But is it? Really? Does having this belief work for you or against you?

» **Who am I to think I can help others?**

You've been through so much and have a lot to share. You have an innate knowing that you could be mentoring or coaching others and yet . . . this little thing called Imposter Syndrome is holding you back. It's also keeping you safe, yet stuck. There are people out there who NEED what you have to share!

**The 3 Mindset Upgrades/Shifts You Need to Make Right Now To  
Create a Fantastic Career in Leadership Without Getting Out of Your  
Comfort Zone.**

## Mindshift # 1

# Beliefs

Beliefs are the number 1 reason why most people get stuck in their situations and feel like they either can't move forward or that other people will be hurt somehow if they do. We learn at a very early age to make our caretakers happy so that they will love and approve of us. Your underlying beliefs are what may be keeping you stuck at the level you are at.

A belief is simply a thought that you think over and over again. It can be changed. Are your beliefs working for you? Maybe no one ever really took the time to show you HOW to change your beliefs. It's time you knew.

It's so important to take ownership of where you are and making changes in your thought system that you know you need to make. This is the ONLY way to create a life that you love to wake up for every day.

## Mindshift #2

# Truth

What is true for you may not be true for someone else, right? Say you think you are a really friendly person and yet perhaps you get feedback that some people are intimidated by you. What is the truth here? It's perception. However, we all have a blind side and the only way to shrink that blind side is to ask other people for their opinion. It doesn't mean it is always "right" but at least you know how others may perceive you.

The truth here is that the more you dig deep into your own psyche, and understand who you are a core level, you can then be there for others and help them do the same.

Personal growth leads to professional growth, especially in leadership.

You are a powerful human being who has access to Divine inner wisdom to help you in every area of your life. Your challenges are Divinity's way of giving you clues as to what areas you need to work on. When you overcome your challenges, you have true inner leadership and can be a role model for others.

## Mindshift #3

# Responsibility

Too often, people place their faith in others to make them happy or help them survive at work. When others don't act or behave in the way we desire, we can feel a variety of emotions such as anger, disappointment, disgust, sadness, and hurt.

But the truth is, you are responsible for your own feelings. No one but you is in charge of your happiness, life situations, relationships, financial abundance, health and everything else in your life. You may have been a victim in childhood but as an adult you have the power to choose. You have the power to feel or stuff your feelings. And you have the power to decide who has power over you.

When you begin to take FULL responsibility for everything in your life you suddenly open up to a whole world of happiness and options. And it all starts in your mind and how you think about things. Are you taking responsibility for what you actually think?

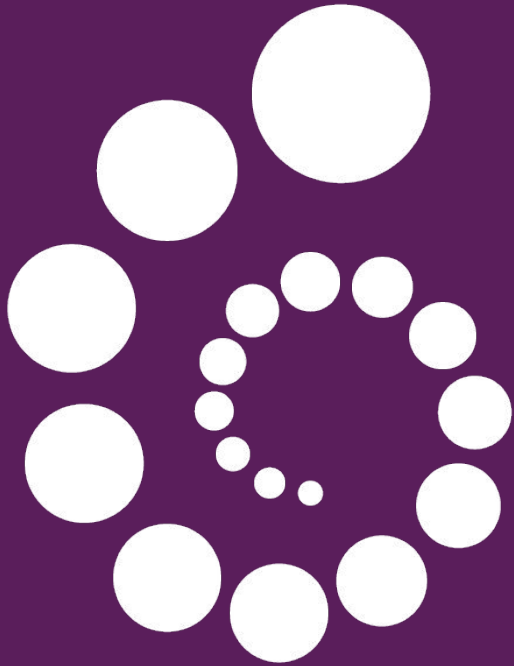
## **I'm going to let you in on a little secret**

**You may have been keeping yourself in the dark and kidding yourself with excuses but now you know too much. There is a way forward. It's not through trying to find another job. It's not about changing the circumstances of your current situation. It's an inside job. It's about becoming super conscious of your inner voice and learning how to manage it to make it work FOR you. And when it doesn't, you can actually shut it down. When you become your own best friend, all of your visions and plans will begin to manifest much faster. When you have Inner Leadership control, your outer life will change into what you've always dreamed it could be.**

When you create your future in a job you love you will:

- Feel a greater sense of happiness and fulfillment in life
- Break free of your limitations and expand in all ways
- Deepen your connection with your intuitive self and inner wisdom
- Awaken your inner leader
- Have the confidence to step into the next best version of yourself
- Have a specific plan of action and know how to implement your plan
- Have a strong support group to cheer you on the road to happy destiny
- Transform into the person you know you have the potential to be
- Increase your ability to receive a greater level of abundance in your life
- Strengthen and deepen your relationships at work and with those you love
- Deal with conflict in a way that can be productive
- Expand your awareness of your emotional intelligence
- Step into a new job or business that you love and are happy to work at everyday

Maureen Ross Gemme, MS Ed., CEO & Founder Emerge Leadership Academy, LLC; Author of *Emerge: 7 Steps to Transformation (No Matter What Life Throws At You!)*; Leadership Coach; Professional Speaker; Recovering Alcoholic for over 35 years



“Maureen helped me realize that I only felt trapped because of limitations I had put on myself, and I had the power to set myself free. By following her program I learned concepts and tools that gave me the ability to shape my future into whatever I want it to be. The course material is thought provoking and emotionally stirring. Maureen displays a perfect balance of psychology, spirituality, and self disclosure in her writing that is informative and at the same time makes you feel a deep connection with the coach, myself and the Universe.”

~ Angela R., Medical Professional

*Introducing an  
Online Course & Group Coaching Experience*

**Recovery @ Work**

Create

Your Brightest Future  
With Confidence and Clarity

**Move past fear and doubt and  
step into freedom. The world  
needs your leadership and all  
the skills you have to offer!**

## About your instructor . . .

I had a major life transformation early in my adult life where I had to completely change EVERYTHING about my thinking and my life circumstances. I was a teenage drug addict and alcoholic from my early teens until I was 24, when I hit bottom.

I hated myself and everything about my life. I felt like I was broken and would never be whole again. But I kept working on my self and my inner voice and good things began to happen.

I got a fantastic corporate job making more money than I ever thought I could even though I still had an inner critic. The more I learned about myself the better everything around me became. I learned how to change my beliefs about what was possible and I created a fantastic career for myself. I feel I am uniquely qualified to teach this course because I've used these principles and have overcome many obstacles and achieved much success in all areas of my life. For example:

1. I worked through my fears and limitations growing in a professional corporate environment (career)
2. Fell in love and raised a family and have been married since 1988 (relationship)
3. Ran 3 1/2 marathons and lost weight (health)

4. Worked full time and went back to school. Earned my BS in Psychology and MS Education (education)
5. Started a life coaching practice (entrepreneur)
6. Founded Emerge Leadership Academy and have trained over 3000 students in my career (leadership)
7. Became a best selling author and keynote speaker (writer, speaker, trainer)
8. Overcame significant money challenges (finances)

Every big name coach out there will tell you that any change starts from within. Therefore, you need to manage your *thoughts*, create a vision, and take action steps towards your dreams. That is the simplicity of it. In reality, it's not so easy to change habits or find a support system.

I am best suited to help you as I've helped hundreds of others over the last 30+ years make significant life changes.

This ***Inner Leadership*** course is the ONLY program of its kind that...

1. Will help you overcome your excuses
2. Get past your fear that has been holding you back
3. Help you successfully manage your inner critic and what you focus your thoughts on
4. Become a victor in your life
5. Develop the inner discipline you need to step into leadership

So if you're ready to finally take full responsibility for your future and get to know yourself so you can avoid getting out of your comfort zone . . .

**Here's how we'll help you get here:**

## Day 1

# Module 1: Foundation and Self Care

This workshop is released in a 5 day format because it is so important to set up a foundation for yourself and begin the discipline of showing up for yourself every day. This is how we train your sub-conscious mind that you are serious in your intentions and focus on making internal changes to your voice. You'll learn what we'll be changing and why and we'll discuss the importance of beliefs, how you can change them, as well as complete an exercise of clarifying what you want and what you'll be working for during this week together.

- » Develop Self-care foundation
- » Clarify what it is you want
- » Develop Your Consciousness

## Day 2

### Module 2: Six Ways the Voice Shows Up

In this lesson you'll learn about 6 of the ways the voice shows up and you'll begin a daily practice of witnessing and writing about your inner voice and how it shows up for you. Although the lesson is only about 25 minutes long, you'll have some deeper work to do and PDFs to download.

- » Identify how the voice shows up
- » Meditation Exercise

## Day 3

### Module 3: Name Your Voice

When you are working to reprogram your inner beliefs and watching how your voice shows up, it's helpful to name the voice so that you can separate yourself from it. When you can label your negative voice with a different name you will not identify yourself too much with it. You will learn to be able to shut it down easier when it feels like it is a separate part of you.

- » Name your inner critic
- » New empowering belief creation

## Day 4

### Module 4: Five Steps to Stop the Voice

Here you will learn a 5 step process for stopping the voice in it's tracks. All of the previous lessons are building up to this day were you learn the secret to clearly managing the voice on an ongoing basis. It may not change overnight but it took years of practice to create what it is today so it may take some reprogramming time to refocus on your new path. From here on out it's consistent practice. This is the key to changing your world.

» 5 Steps to manage the inner voice

## Day 5

### Module 5: Create a Plan of Action

Creating a plan of action is key because you must be able to take action each and every day toward your goal. Now that you know how to shut down the voice, it's also important to have a plan so you can keep making moves. When you take action this continues to fortify your resolve with your subconscious mind who is running the ship. Your consistent discipline and practice will change the course of your ship and your life.

» Your vision and action plan

## Recovery@Work

This course and group coaching program will help you know how to create your brightest future with confidence and clarity. You will work in a job or company where you will be appreciated and valued, not stuck or unhappy in your current unfulfilling job. This will help you to thrive in recovery in your career to build a bigger income, make a bigger impact and improve on all your relationship in your life. This is a course on creating the next greatest version of yourself so you can life up to your full potential and have awesome relationships.

### Module 1: Transformation, Self-Care and Personality

- 1.1 Welcome to Your Transformation
- 1.2 Self-Care and Thought Observation
- 1.3 Set the Foundation by Creating a Daily Practice
- 1.4 Your Personality@Work Assessment
- 1.5 Group Coaching with Maureen

### Module 2: Manage Your Energy and Listen to Your Intuition

- 2.1 How the Universe Works
- 2.2 The 7 Step Creation Process
- 2.3 The Power of Gratitude
- 2.4 Your Higher Self/Spirit Voice
- 2.5 Time to Practice Manifesting
- 2.6 Group Coaching with Maureen

## Module 3: Making Better Decisions for Yourself

- 3.1 Know Your Values
- 3.2 How will You serve?
- 3.3 What do you want?
- 3.4 Group Coaching With Maureen

## Module 4: Beliefs – Cleaning Up Your Past Will Reboot Your Future

- 4.1 Beliefs Inventory of Parents and Shifting into Greater Empowerment
- 4.2 Patterns and How to Change Them
- 4.3 Reprogramming Your Beliefs
- 4.4 Group Coaching with Maureen

## Module 5: Forgiveness – The Key to Your Empowerment

- 5.1 Forgiveness Benefits You Receive
- 5.2 The Process of Letting Go
- 5.3 Practice Forgiveness
- 5.4 Group Coaching with Maureen

## Module 6: Vision, Strategy & Plan Your Career

- 6.1 Craft Your Vision
- 6.2 Define Your Strategy
- 6.3 Planning Your Course of Action
- 6.4 Group Coaching With Maureen

## Module 7: Overcoming Fears & Excuses While Executing Your Plan

- 7.1 Dealing with Fear, Failure, and Success
- 7.2 Recognizing Your Inner Critic
- 7.3 Shut Down the Voice in 5 Steps
- 7.4 Overcome Obstacles and Take Action
- 7.5 Group Coaching with Maureen

## Module 8: Leadership Skills: How You Show Up Determines Your Success

- 8.1 Leadership Skills for Leaders In Recovery
- 8.2 How to Manage Your Conflict Reactions
- 8.3 Expand Your Emotional Intelligence
- 8.4 Group Coaching, Celebration, Award Certificates of Accomplishment

**~ Option 1 ~**

**Here's what you're getting when you enroll today:**

**Inner Leadership: How to Manage That Critical Inner Voice**

5 Day Workshop - \$299 Value

- » Bonus 1 - Values Inventory - \$129
- » Bonus 2 - Inner Leader Private FB Group \$79 Value
- » Bonus 3 - 2 FB Live Group Coaching Sessions \$199 Value

**Total Value: \$706**

*When you add it all up, that's a value of \$706!*

**But when you enroll today, you'll get access to everything for just:**

**\$247!**

**Enrollment for this online learning event is closing on March 14, 2020.**

**The class begins on Monday March 16, 2020!**

## ~ Option 2 ~

### VIP Package

**If you are interested in working with me directly then choose Option 2. Here is what you'll get:**

**Inner Leadership: How to Manage That Critical Inner Voice**

5 Day Workshop - \$299 Value

- » Bonus 1 - Values Inventory - \$129
- » Bonus 2 - Inner Leader Private FB Group - \$79 Value
- » Bonus 3 - 2 FB Live Group Coaching Sessions - \$199 Value
- » **Bonus 4** - 20 page color downloadable psychological profile of your personality at work by Everything DISC. We are an authorized partner with Wiley & Sons. See our programs page for more information. - Value \$107

- » **Bonus 5** - A 60 minute Zoom Coaching Call with me, 1-on-1, to discuss your assessment and plan your next move. Value \$400
- » **Bonus 6:** A copy of my best selling book: Emerge: 7 Steps to Transformation (No Matter What Life Throws at You!) - Value \$20 (That is the cost of the book on Amazon but this book is my VIP program that I normally charge over \$3,000 for when I'm working with 1-on-1 clients. What a deal!)
- » **Bonus 7** - A copy of the Workbook to go with the Emerge book. \$15

**Total Value: \$1,348**

When you add it all up, that's a value of \$1,348!

But when you enroll in Option 2 today, you'll get everything for just:

**~~\$1,348~~  
\$467**

**Enrollment for this online learning event is closing on March 14, 2020.**

**The class begins on Monday March 16, 2020.**

**Option 1**

**\$247**

**Pay Now**

***OR***

**Option 2**

**\$467**

**Pay Now**



**EMERGE LEADERSHIP ACADEMY, LLC**

## How to know if you are ready for Recovery@Work

1. You've been working at a rotten job and you're feeling stuck.
2. You have tried a lot of external "fixes" and nothing has worked to change the situation in which you feel stuck.
3. You are a high achiever and are willing to dig deeper into knowing who you are because you want to play a bigger game in the world.
4. You are thinking of getting into a leadership position and are wondering if you have what it takes to manage and develop others.
5. You are in recovery and you are ready to step into the spotlight and shine your best self.

6. You are self-aware and excited because you know you have to master your inner voice and you're ready.
7. You are already in a leadership position but want to get to the next level.
8. You know you have changes you need to make in your life and you feel certain you can do it if you had a path and a little help.
9. You want to move past your fear so you can move forward with confidence with a goal that has been laying dormant.

If you said "yes" to any 1 of these statements then let's get you started! I can't wait to meet you inside ***Inner Leadership.***

If you are on the fence and have questions, please pop me an email to: [maureen@emergeleadershipacademy.com](mailto:maureen@emergeleadershipacademy.com).

I hope to hear from you!

~ **Option 1** ~

1 Payment of

**\$247**

**PAY NOW**

***OR***

~ **Option 2 VIP** ~

1 Payment of

**\$467**

**PAY NOW**

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