

THE SELF-MASTERY SUCCESS METHOD  
EXECUTIVE WORKSHOP SERIES  
WITH SUCCESS COACH SARA MUELLER

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# THE SELF-MASTERY SUCCESS METHOD

With Success Coach Sara Mueller



The Self-Mastery Success (SMS) Method supports leaders through five pillars of self awareness and personal responsibility so they can build resilience, increase productivity, and enhance their impact (both within your organization and all areas of their life).

The SMS Method is delivered using the interactive format Sara finds most effective based on 17+ years of producing training conferences for Fortune Global 1000 Executives and personal transformation retreats.

The structure encourages learning retention (rather than just inspiration) and actionable take-aways through small-group discussion and problem solving, personal inquiry, and relatable storytelling based on Sara's and her clients' failures and successes.

# The Self-Mastery Success Method

4-Part Executive Workshop Series with Success Coach Sara Mueller

## Mindset

- Taking ownership & responsibility for the results of your life
- Deconstructing & replacing limiting belief systems
- Embodying the mindset of success & resilience
- Integrating mindfulness to change your thoughts, behaviors & results

## Productivity

- Time, energy & peer-group optimization
- Establishing routines & habits for high performance
- The anatomy of goal achievement, focus & maintaining motivation
- Developing more confidence and courage in yourself & your teams

## Emotional Wellness

- De-cluttering emotional obstacles to relieve exhaustion and distraction
- Implementing healthy coping strategies for stress, overwhelm, anxiety & uncertainty
- Understanding the process of change to welcome acceptance & collaboration

## Conscious Communication

- Maximizing connection & collaboration
- Strengthening the lost art of listening & authentic leadership
- Utilizing the power of validation, recognition & praise
- Setting boundaries, making requests & having tough conversations

Mindfulness

Awareness, responding vs. reacting, and intentionality are foundations of the entire methodology.

# ABOUT SARA MUELLER

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I began my own self-mastery journey over a decade ago after being brought to my knees by what I thought would be the ending of my marriage. This pain forced me to take an honest look at myself and see how I had contributed to our marriage's destruction (even though, at first, all I wanted to do was point my finger in blame at my husband). I saw how those same false beliefs and unproductive habits were also hindering every other area of my life, from my career to my health.

So I spent many years and thousands of dollars to transform my inner world and help heal our marriage. After I became a mother, I earned my Conscious Parenting Coaching certification (which integrates western psychology and eastern mindfulness) from Dr. Shefali Tsabury, whose work Oprah calls "revolutionary and life changing." Wanting to further up-level my life, I studied with leading experts in high performance, productivity, mindset, and leadership.

Combine this wisdom with my 17-year career of developing optimization training programs for Fortune Global 1000 executives, plus teaching yoga, mindfulness, and transformation to people from all walks of life, and you'll see how I was perfectly guided to the creation of the Self-Mastery Success (SMS) Method.

Because my personal transformation was so profound, I was passionately driven to help others. So I took my most significant learnings and packaged them as the Self-Mastery Success Method, a step-by-step process towards resilience, balance, and success. I've been using this method to coach clients from all over North America since 2017. The SMS Method will make its publishing debut in early 2022 as my first book titled "A Balanced Life You Love."

# Testimonials



"I obtained a tremendous amount of insight from Sara and was able to apply it immediately with huge downstream impacts for me and my family."

**Aimee Greczmiel, VP of Risk Management, NC**



"I needed a framework to follow and someone to help me organize my thoughts. This program was a real eye-opening experience and I shared my insights with my kids too."

**Sharon Shechter, Drug Discovery Research, MA**



"I hope more will learn from your program. It has so much wisdom and thoughtfulness and calls to action. Your energy is magnetic and you set yourself as an example of what is possible which is the most important aspect of learning."

**Shlomit Cohen Yashar, Clinical Social Worker & Therapist, MA**



"Learning how to focus on myself, how to have some "me time" without distracting from my family and children, was life changing for me."

**Shaama Chahoud, Healthcare Operations, MN**



"This program gave me a blueprint for navigating my own thoughts, doubts and overall perspective, as well as relationships and general interactions with others. I feel like I have a mental and emotional safety net within the framework of this program."

**Sara Gee, Realtor, AK**



"I loved the program!! I tend to "fall off track" so to speak, and your program helped bring forward for me what was important. The homework was crucial for me. Thank you again for this amazing offering, and the ability to keep focusing on what is important."

**Lynette Cahill, Healthcare Vendor Program Management, FL**



"Sara is everything I wanted and needed in a coach in order to grow and up-level how I engage with tension and difficult situations in my relationships, including in my relationship with myself."

**Lauren Coglianese-Keck, Co-Host Of The Soul-Path Parenting Podcast, IN**



"I learned so much from our conversation about how to manage time. This has helped me tremendously as I have encountered new challenges professionally and new personal goals. Thank you."

**Pao McNulty, Accountant, FL**

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