

# THE SELF-MASTERY LEADERSHIP IMMERSION

WITH SUCCESS COACH SARA MUELLER

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# SELF-MASTERY LEADERSHIP IMMERSION

With Success Coach Sara Mueller



The Self-Mastery (SM) Method guides leaders through five pillars of high performance growth so they increase their impact, balance, and success in both their personal and professional lives.

The SM 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.



# Key Lessons & Outcomes

Of course, Sara can tailor the training to your team's greatest development opportunities.

## Mindset of Success

- Taking full personal responsibility for the results of your leadership (& life)
- High performance productivity & mastering time management

## Emotional Intelligence

- Assessing & developing self-awareness, self-mgmt, social awareness & relationship mgmt
- Increasing empathy, accountability & the ability to embrace different points of view

## Communication For Connection

- Strengthening the lost art of listening
- Handling tough conversations
- Identifying more effective ways to validate & praise your team

## Overcoming Limiting Beliefs

- Deconstructing conditioned thinking & unconscious negative patterns that hold us back
- Aligning with purpose & bolder leadership vision

## Resilience

- Reducing burnout
- Identifying focus & control in crises and the process of change
- Reframing mistakes & failures to build confidence & inspiration

# ABOUT SARA MUELLER

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Sara Mueller believes we CAN have it all. She helps leaders develop emotional intelligence, resilience, and high performance so they can balance an impactful career AND a meaningful family life.



After being burnt out in her career and hitting rock bottom in her marriage, Sara realized that her limiting beliefs and unproductive patterns were blocking joy and success in all areas of her life. So, she underwent an intense journey of self-discovery learning how to own her authentic power, presence, and purpose. She now teaches the key learnings of her transformation in her Self-Mastery Method coaching and leadership programs.

Prior to becoming a Success Coach, Sara spent nearly 2 decades developing optimization training programs for Fortune Global 1000 executives while also teaching mindfulness and yoga to people from all walks of life. She's a certified Conscious Parenting Coach, which Oprah praises as "a paradigm shift that can change the world." Sara received the 2021 Brainz Global 500 Award and is regularly regarded as "life-changing," "eye-opening," and "one of the most engaging facilitators I've ever seen" by her beloved clients.

# 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**



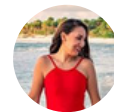
"I loved the program!! I tend to "fall off track" so to speak, and your program helped bring forward for me what was important. The homework was crucial for me. Thank you again for this amazing offering, and the ability to keep focusing on what is important."

**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**

# *contact info*

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