

2023
Triple I Series
**Mastering How To Think,
beyond What To think**




MONICA ROGERS-FLETCHER
CONSCIOUS COACHING ACADEMY
ACCREDITED ELITE INFLUENCER

MRF
INTUITIVE INSPIRED INFLUENCE



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Monica Rogers-Fletcher



Executive Program Leader at Maxwell Leadership	People Development for Performance Enhancement	30 years Development Banker Microfinance and Business Consultant
Founding member and EMCC Accredited Elite Influencer of the Conscious Coaching Academy	DISC Consultant and Trainer. DISC Profile – Concluder – DI	Sign up at the link below for your complimentary weekly Success Insights

<https://monicarogersfletcher.com/>

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CHRISTIAN SIMPSON'S
CCA
CONSCIOUS COACHING ACADEMY

The definitive Centre
of Excellence for
Elite Influencers in
the Coaching
Industry



**Elite Influencer
Coaching Accreditation™**
THIS IS TO FORMALLY ANNOUNCE THAT:
Monica Rogers-Fletcher
Has been trained to the highest standards in the
Coaching profession, and has met the rigorous
qualification criteria required for the above award

August 2023

Christian Simpson
Founder & Co-Owner
Conscious Coaching Academy™

EMCC

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AN INTRODUCTION TO THREE CRITICAL PERFORMANCE CONCEPTS

The Triple I Performance Formula

- Learn Key Success Elements
- Low score in any Element brings Performance Down

Train for Competence – Coach for Performance

- What makes Coaching work for the long haul
- Save thousands of dollars in repetitive training with low Rates of Return

The Mind and how it Impacts Performance

- An introduction to the Science of how the mind works
- How Improved quality of thinking produces Improved quality of results

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“In times of change, learners inherit the earth, while the learned find themselves beautifully equipped to deal with a world that no longer exists.”

~Eric Hoffer

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...a performance formula!

Understanding the Contract

×

Skills & Capability

×

Energy & Motivation

=

PERFORMANCE

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Slide 7 features a dark brown background. At the top, there are two yellow rounded rectangular boxes. The first box contains an icon of a person at a desk and the text "Train for Competence". The second box contains an icon of three people and the text "Coach for Performance". At the bottom left is the MRF logo (MORVICE ROOPAL FLETCHER) and at the bottom right is the Maxwell Institute logo. The text "INTUITIVE INSPIRED INFLUENCE" is centered at the bottom.

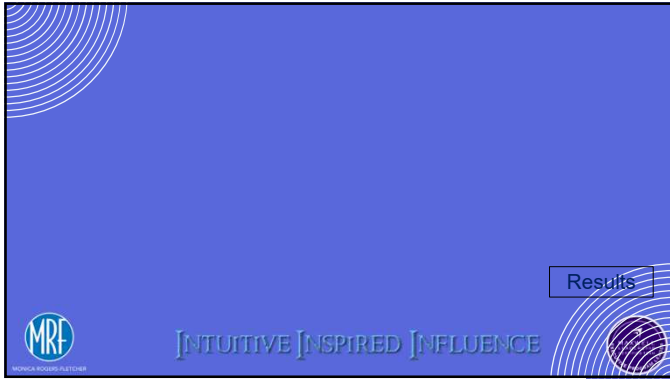
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Slide 8 has a purple background. It contains four horizontal colored boxes with icons and text: a blue box with a group icon and "Success and Performance are not based on luck and chance"; a green box with a lightbulb icon and "There is an internal Creative Process going on constantly"; a red box with a triangle icon and "Whether you are aware of it or not"; and a light blue box with a key icon and "Your Mind - with its thoughts, feelings and beliefs - holds the Key". The MRF logo is at the bottom left, the Maxwell Institute logo is at the bottom right, and "INTUITIVE INSPIRED INFLUENCE" is centered at the bottom.

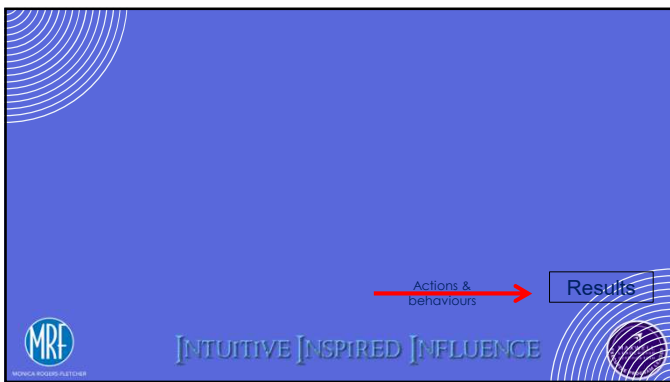
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Slide 9 features a photograph of a man in a white shirt talking on a mobile phone. The text "We cannot control what we're not aware of. And what we're not aware of, controls us." is overlaid on the right side of the image. The MRF logo is visible in the bottom right corner of the image area.

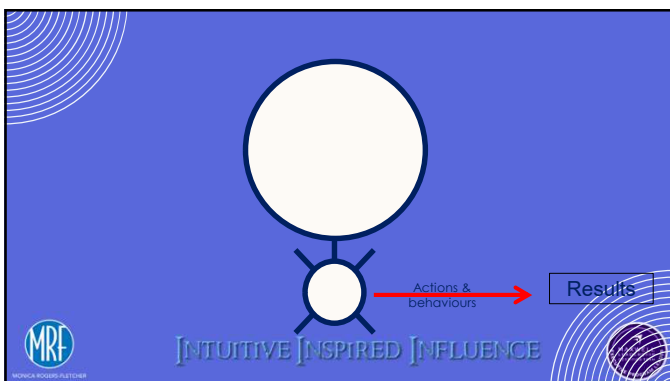
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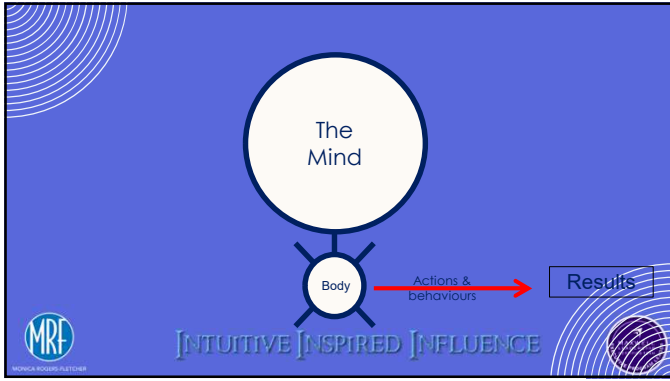
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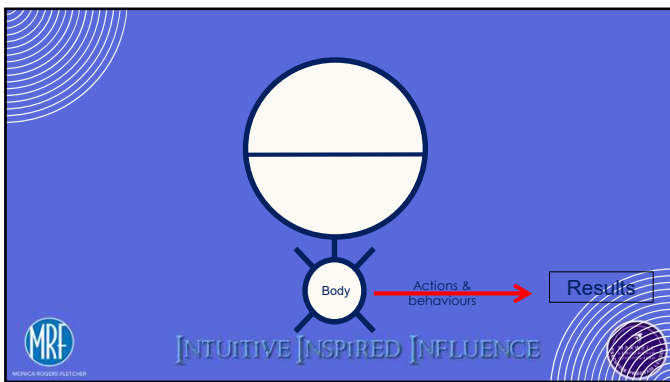
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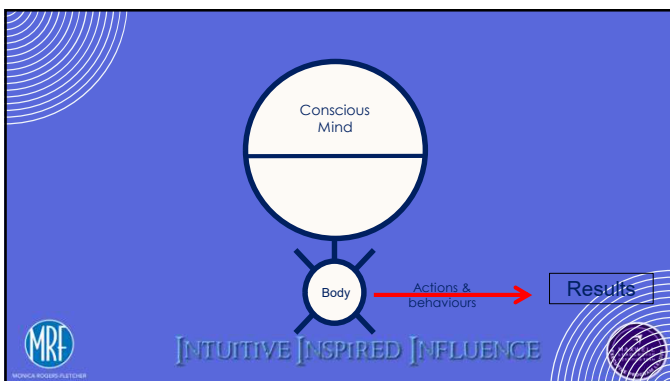
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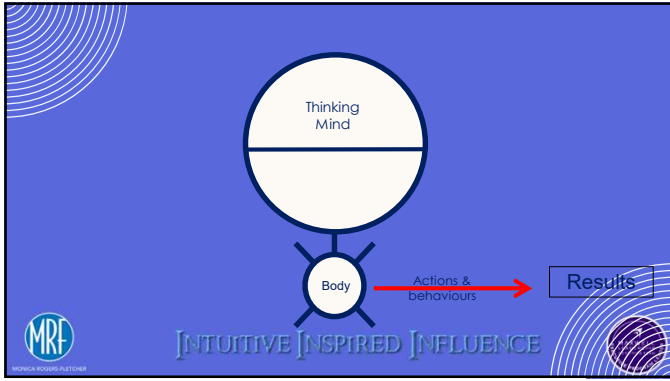
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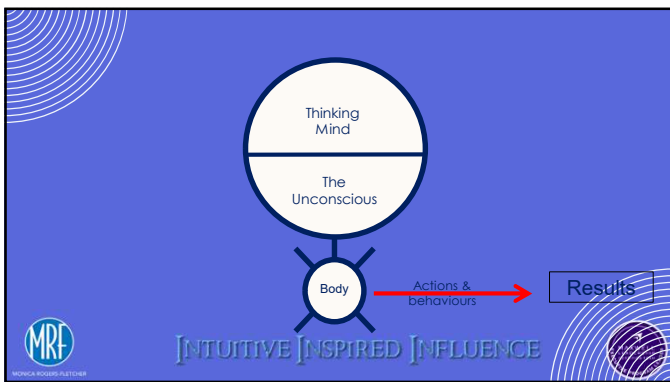
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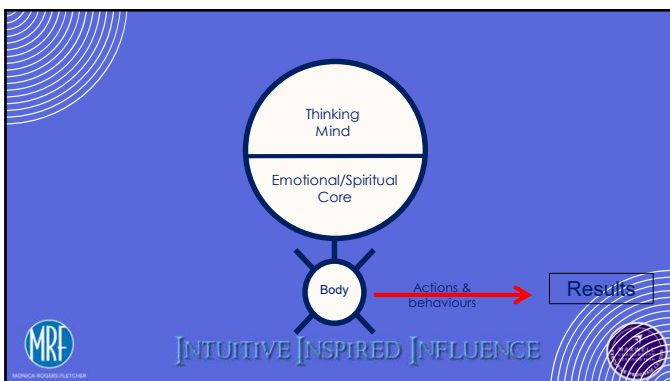
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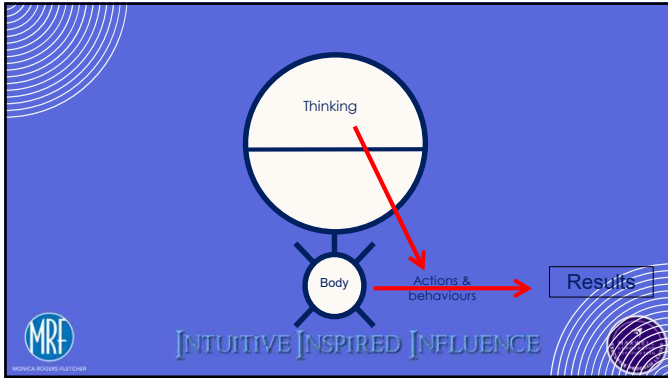
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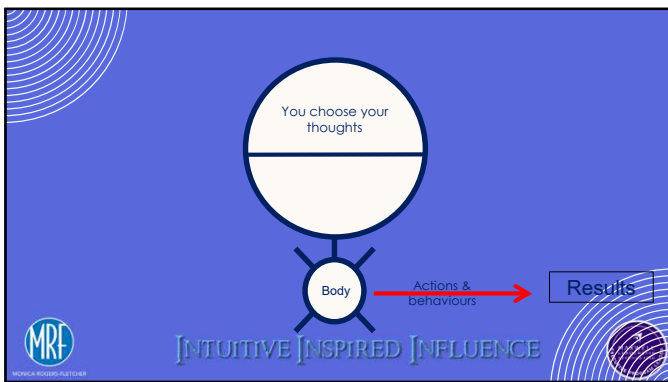
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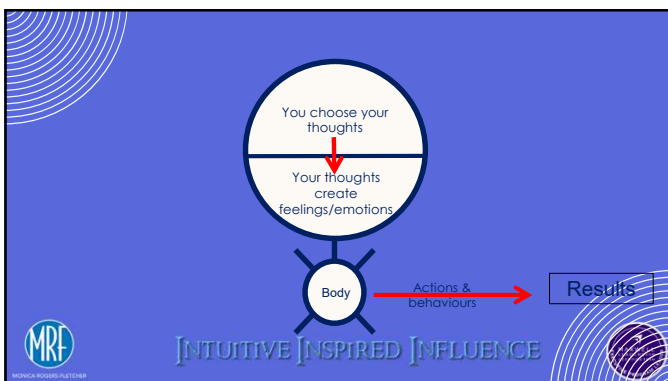
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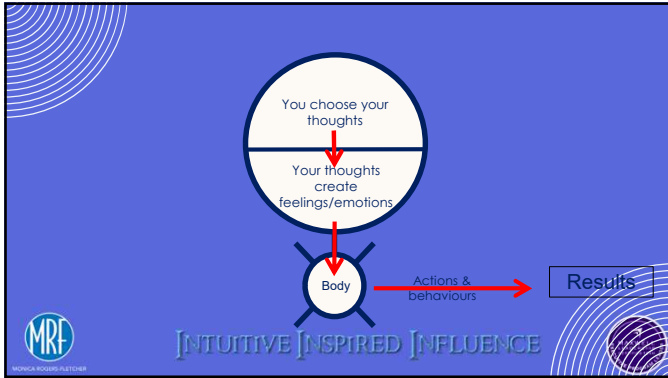
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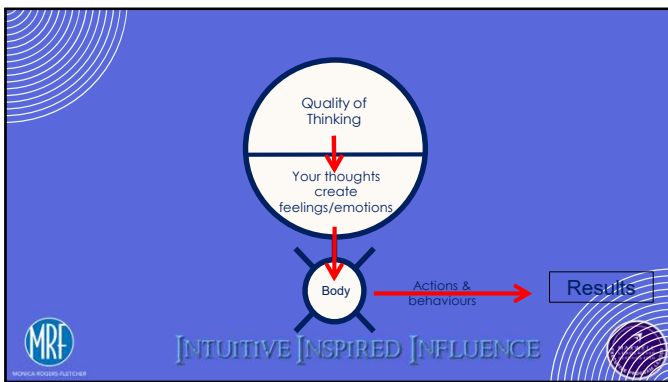
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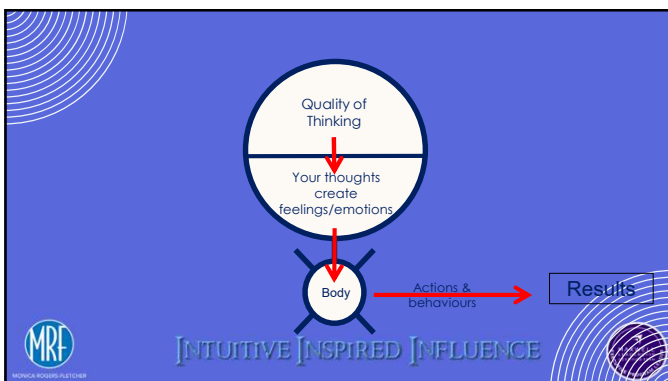
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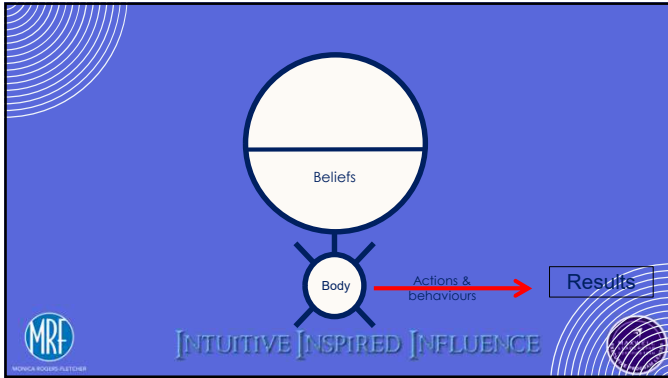
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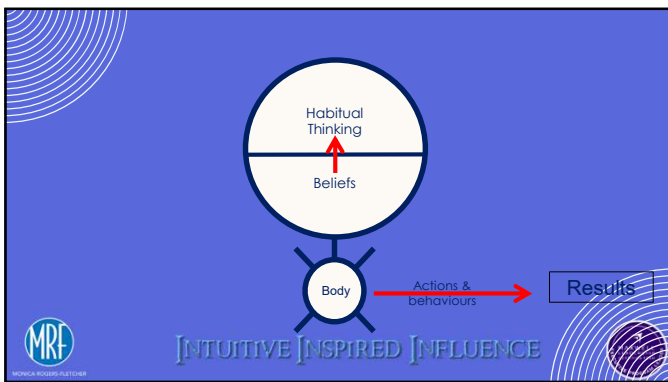
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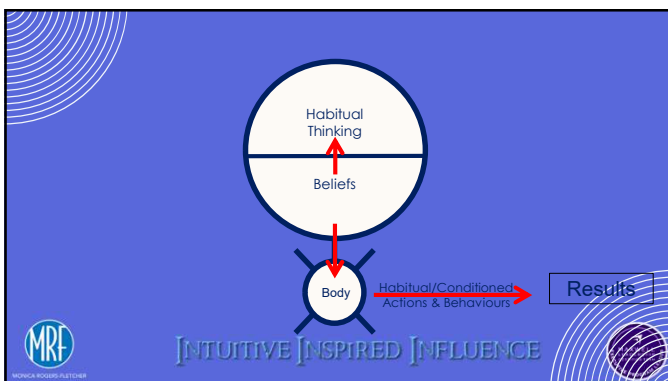
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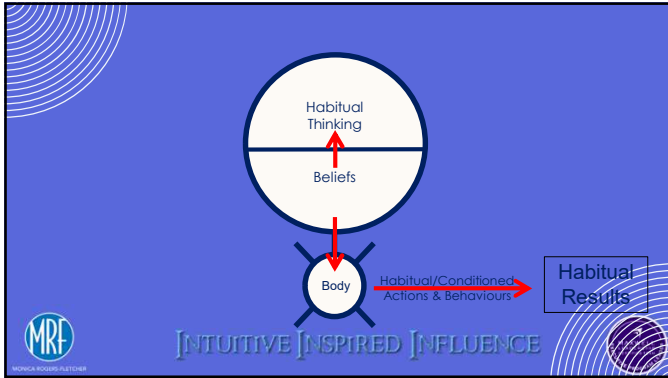
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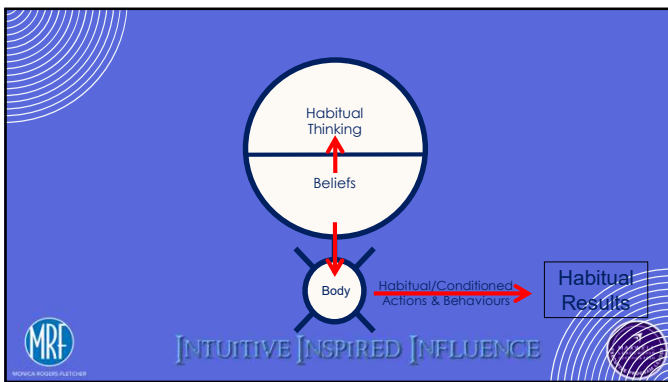
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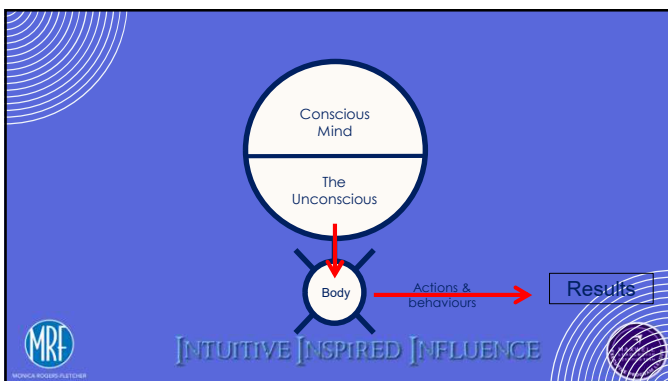
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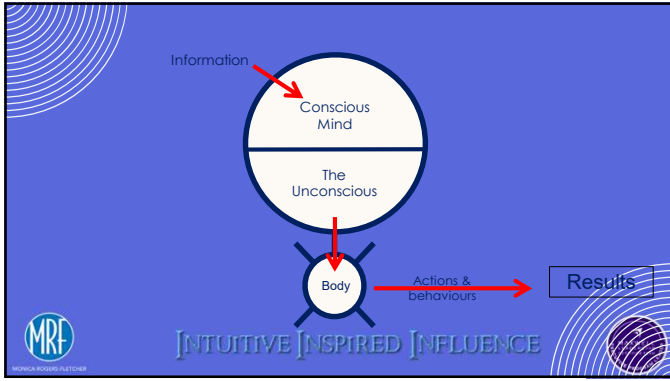
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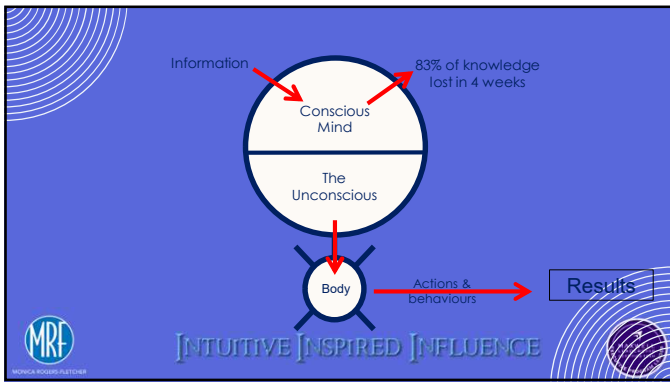
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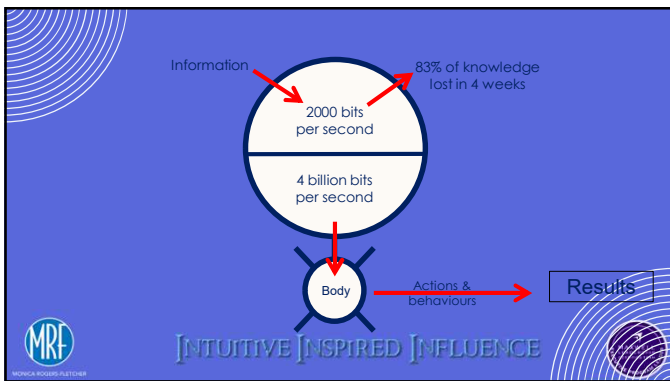
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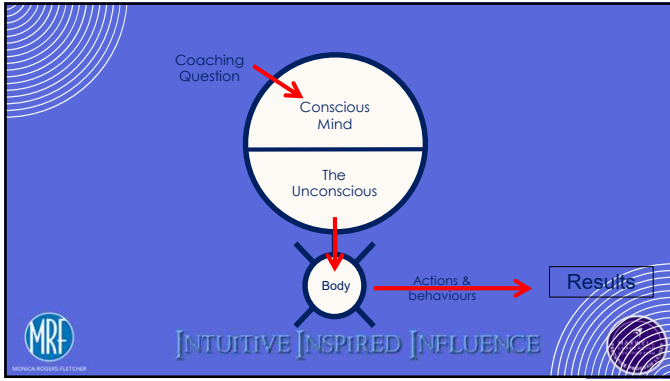
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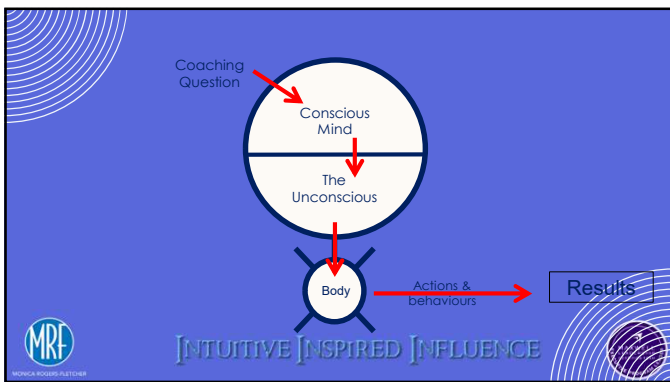
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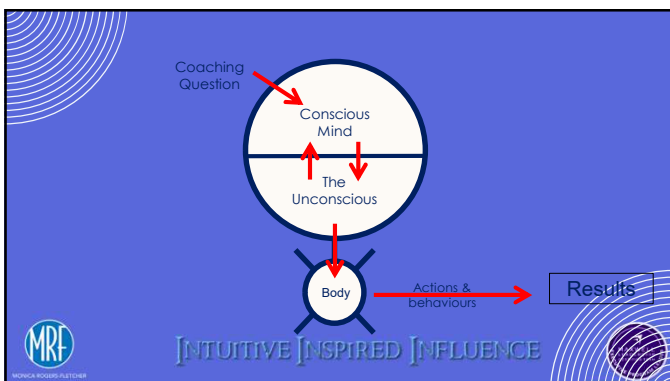
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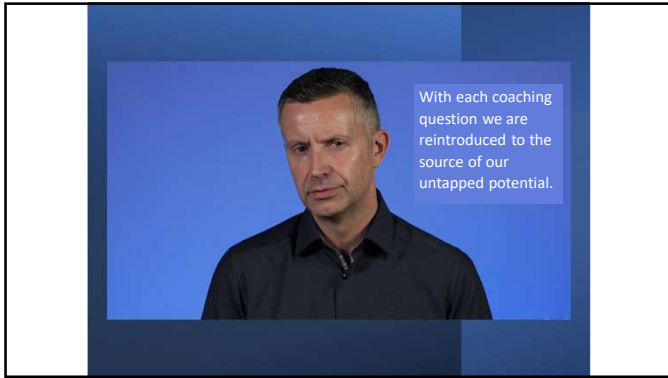
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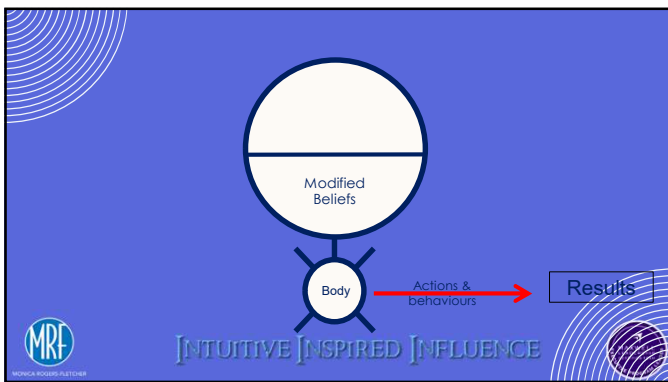
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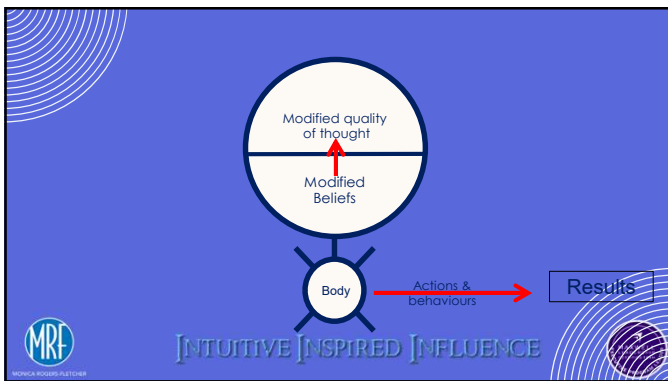
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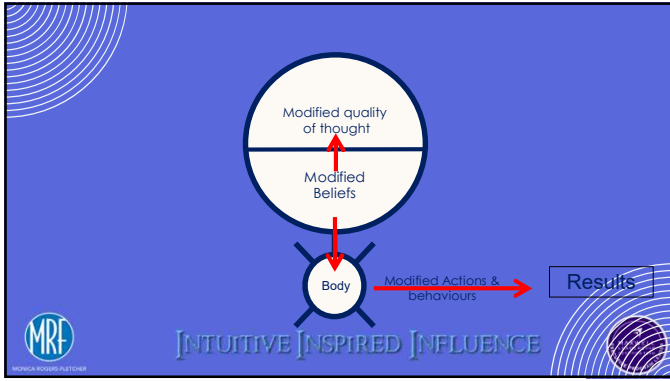
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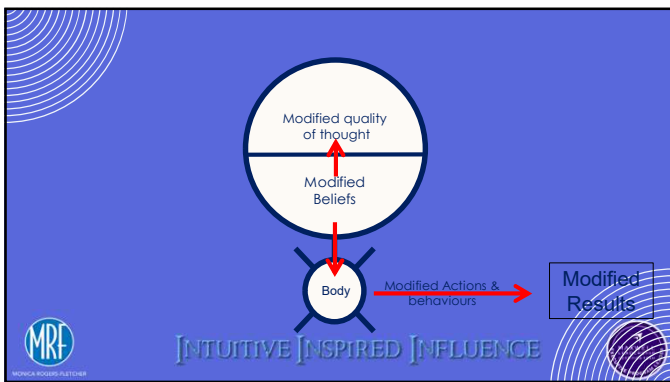
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Coaching

- Raise Consciousness – **of the answers which lie within**
- Modify Beliefs, Feelings, Thinking, Behaviours, Results - **Transformative**

Mentoring

- Sharing of wisdom, expertise & experience
- No thinking required – **someone else's answers**

Counselling & Therapy

- Coaching is Pro-active vs Counselling & Therapy are Re-active
- Coaching Participants are Resourceful vs Dysfunctional – **unable to access the answers**

Training, Teaching & Facilitation

- Sharing of information, curriculum – **someone else's answers**
- Linear, agenda based, not flexible

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IMPACT OF COACHING ON THE QUALITY OF YOUR THINKING

- Belief System** Uncover old belief systems and stimulates new ones
- BELIEVE** Confidence that the answers lie within
- I can't do it!** Confidence in resourcefulness – your own answers & consistent and sustainable performance
- Consciousness** is more valuable than the results

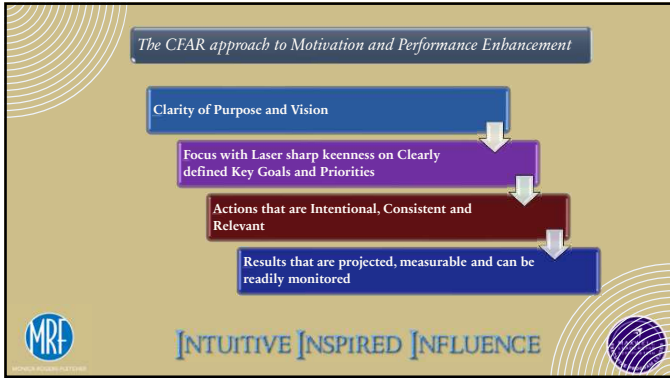
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...on getting started

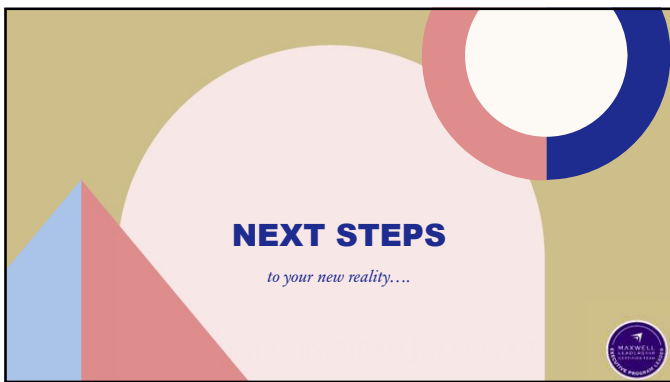
- WHAT ARE YOU DOING NOW?**
 - What you have always done
 - What you've been told to do
 - What's easiest
 - Marking time
- WHO MADE YOU DO IT?**
 - Teacher/Parents
 - Pastor/Priest
 - Boss/Economics
 - Society
 - Authority
 - Your choice
- WHAT DO YOU REALLY WANT?**
 - Purpose
 - Passion
 - Priorities
 - Goals/Dreams
 - Aspirations
- WHAT'S IN THE GAP?**
 - A Vision
 - A Mission
 - A Game Plan
 - Action Steps
 - Success Roadmap
- TO BRIDGE THE GAP ...**
 - New Mindset
 - New Perspective
 - Desire
 - Motivation
 - Get moving
 - A Coach

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