

THE LIFE VAULT

*Mastermind*



CAROLYN MAHBOUBI

LIFE COACHING

How would you like to live your life with **more clarity and ease**?

How about **less anxiety and hurry**?

Would you like to learn how - by slowing down - you can **become exponentially more productive**?

If you are a woman in your 40's and 50's  
who is *always busy* yet  
missing a feeling of fulfilment and confidence  
to get to the next stage of life,  
**this Mastermind Group Coaching Program**  
is for you!

Are you being *everything to everyone*, but feel like you have no control over your own life and are lost in it?

**I can help you** *shift* from "busyness" to purposeful action -  
from doubt to clarity - and from chaos to control.

I have the   
that can guide your path!

# *M*astermind **The Life Vault**

This program combines:

- Group coaching
- Teaching
- Sharing of experience and advice within the group

The group will meet 11 times over 13 weeks for 90 minutes each session.

The group will be supported through:

- Access to **Carolyn Mahboubi** for the *duration* of the course
- A private Facebook group with your peers
- Impactful readings, exercises and homework in between sessions

**SOLD OUT!**

**Investment:**

**\$4,000**

**Start Date:**

**Wednesday February 17th, 2021**

**SOLD OUT!**

## MODULE 1:

### *Values*

Identifying our top 3 life values is integral to the work of moving from living by default to living by intention and purpose. When we don't have absolute clarity on our (and our loved ones') top life values, we live our days as a plastic boat in the ocean, always at the mercy of the next wave. Knowing, respecting and communicating our values, transforms us to an Ocean Liner - strong and steady in the face of outside circumstances. Note: Although your external life's circumstances may remain the same, the shifts in your mindset and your newly gained skills will help you live life with more ease and mastery.

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## MODULE 2:

### *Vision*

Clarity of vision is more important than setting goals. Let's understand the difference, and decide where we want to go. When we travel to a destination, we don't just show up at the airport and run from gate to gate. We decide our destination, do the work ahead of time, show up at the airport, and identify the appropriate gate, so we can head directly to the plane that will take us to our destination. Starting with a clear vision will allow us to create the mindset and systems to live life with the same deliberateness and purpose.

This is not a superpower only a few amongst us possess - it's a process - and it begins with clarity of vision.

### **MODULE 3:**

## *Mindset*

We already know everything there is to know about the power of the mind, and its impact on our actions. We will find out what is getting in the way of you moving from information to transformation - from knowledge to action. Your mind is perfect, but it needs supervision and I can show you how to do this.

With a clear vision of our direction, an understanding of your why, and a growing ability to manage and leverage your mind, we can move forward and next learn valuable skills/tools and processes to move into purposeful action.

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### **MODULE 4:**

## *Live Coaching and Integration*

The process of learning is an intensive process that requires receiving and implementing knowledge, with full support. Live sessions provide room for alternative perspectives, discussion and overall support. By intentionally creating time to integrate the learnings, you will be able to fully absorb and apply the new information, and monitor the changes. This adjustment process allows your mind to slowly adapt and transition to the remainder of the course..

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### **MODULE 5:**

## *Health and Energy*

Quite simply, the greatest action plan in the world, will fall apart in the face of lack of wellness and energy. We will empower you to understand, respect, and even appreciate the gift of our changing physical self, and begin to raise your energy through a 360 degree holistic understanding of perfect health. We will connect the spiritual, emotional, social, and mental pillars of your whole self to your physical well being.

## MODULE 6:

# *More Time Please!*

We all have 1440 minutes in our day. So why do some people get everything they want done while feeling centered, calm and peaceful? They know the secret to “Time Abundance”, and practice the systems that create it, just like others practice the systems that create “Financial Abundance”.

Like vision, this is a practice and a process, not a superpower, and you will have an overflowing toolbox by the time you complete this course.

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## Module 7:

# *Effective Communication*

All problems between people can be solved by effective and masterful communication. You will learn exciting skills and tools for every kind of conversation from the personal and the parenting to the professional and the social. Imagine a life where you are not running away from conflict and difficult conversations - one in which you are confident in your abilities to consistently communicate in a timely, calm and effective manner.

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## MODULE 8:

# *Live Coaching and Integration*

The process of learning is an intensive process that requires receiving and implementing knowledge, with full support. Live sessions provide room for alternative perspectives, discussion and overall support. By intentionally creating time to integrate the learnings, you will be able to fully absorb and apply the new information, and monitor the changes. This adjustment process allows your mind to slowly adapt and transition to the remainder of the course.

## **MODULE 9:** *Leadership*

The life you want to create requires you to elevate your leadership game. Whether you are the leader of one (yourself), or a family, or a business, make no mistake, you are called to show up and serve. Leaders serve first and foremost. You will learn and understand what kind of leader you want to be, and will complete this course with a leadership confidence that is grounded in clear, bold and kind action.

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## **MODULE 10:** *Integration and Future Pacing*

Let's complete this journey and make sure that you are well on your way to living a more directional life, while experiencing a greater measure of peace, calm and joy in your days. We will review the shifts you've made in the course of our work together, and make sure you have the skills and tools to continue optimizing your life.



# Special Guest

## **JASON GOLDBERG** **AUTHOR / "EDUTAINER"**

As a sought-after international speaker and host, JG has shared the stage with some of the world's greatest thought-leaders and innovators in human potential and performance including Jason Silva (Host of Nat Geo's "Brain Games"), Dr. Sean Stephenson (The 3 Foot Giant), Don Miguel Ruiz (The Four Agreements), Vishen Lakhiani (CEO of Mindvalley), Steven Kotler (Stealing Fire), Marisa Peer (the UK's psychotherapist to the stars) and so many others that he hopes will impress you if these other ones don't!

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## **KAMIN SAMUEL** **INTERNATIONAL BUSINESS AND EXECUTIVE** **LIFE COACH**

Kamin Samuel started her professional career as the U.S. Navy's first female African-American helicopter pilot. She transitioned to having several small businesses and then to corporate as a web developer at a computer electronics company. Kamin moved up quickly working for several organizations, even serving as Vice President of Online Merchandising and Vice President of Global Website Operations at a billion-dollar company. Kamin is now an International Business and Executive Life Coach, and an IMPAQ B STATE® Coach, helping professionals increase their wealth mindset, improve performance, develop Breakthrough leadership skills, and create strategies to expand their opportunities.



# Special Guest

## **ROXANNE SAFFAIE**

### **FOUNDER AND CEO OF BLACKBELTBEAUTY RADIO**

As an Empowerment Coach, Podcast Host, Expert in Beauty + Wellness, Writer, Life Athlete + relentless GOAL digger; I LOVE to help people, like you, WIN your highest ideals in life from within + out. My insatiable love in optimizing LIFE PERFORMANCE holistically + living from my highest potential has led me on this purpose-fueled journey, where I live + lead from my thought-provoking idea: "We are the life we are living."



BlackBeltBeauty Radio is a weekly podcast that empowers listeners to reach for their highest potential in life with content that optimizes Life Performance holistically through Self-Development, Mindfulness + Health.

### **In the end:**

- You will live an **intentional and purposeful life** with more clarity and ease
- Your mind will be **calmer and more focused** so you can become exponentially more productive
- Have a circle of meaningful relationships who you can turn to for **support**
- You will develop the confidence and the skillsets to **turn your resolutions into commitments** backed by actions

# Testimonials For Your Benefit!

"Carolyn will get you to wherever it is you want to go... and to some places you didn't know you wanted to go. With a dedication and fierce drive to serve that I've seen in a very few, she will help you move steadily towards your goals. **A true collaborator, Carolyn's sole mission is to help others succeed.** As you begin to cross into uncomfortable zones and places, you realize she is sometimes pulling, sometimes pushing, but always right next to you on the journey. You will have no choice but to take her along **as you go forward ...and you will be better for it.**"

- Lori

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**"Working with Carolyn helped me make deep and impactful shifts in my perception, which increased my ability to show up more powerfully in all areas of my life, including personal relationships, parenting, and professionally.** Carolyn didn't even attempt to give me the answers (although I often wanted her to), because she honors my individual path. Instead, she masterfully helped me access my own higher wisdom, and taught me the skills and tools to do this work on my own."

- Jo

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"The Life Vault Mastermind Group that Carolyn created has been a powerful reminder for me of the tenets which are the foundation of self-mastery work. All of the sessions were carefully planned and she met the group where "we were at" each time. **She gently pushed us to challenge ourselves through thought and action. She always strived to create a safe space for all of us, one where we could share and support each other with love and admiration. I highly recommend this group for any woman who wants to take their growth to the next level.**"

- Maria

*Thank You!*

I can't wait to work with you!

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