

2022 Program Guide



For More Information

Contact Number: 706-577-8953

Email: bfitzpatrick@j330life.com
Website: www.livej330.com



About this Guide

Our motto at J330Life has always been "you can not divorce growing as a leader from growing as a person."

It is our goal in every personal and leadership development workshop through J330Life's RESET Coaching Academy, to create space for people to journey into how the information being shared can help bring transformation in both life and business.

This guide is provided to share the current services being offered. For pricing and custom workshop design options that is specific to a particular need that you have, please reach out to me using the contact information provided below.

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Meet The Coach

Brian Fitzpatrick is a native of Columbus, GA, and the founder of J330Life LLC. J330Life is on a mission to inspire, empower and encourage transformation in life and business in those we serve through offering leadership and personal development services.

Brian is the author of *The 50 Day RESET* published in 2021. This book takes the Christian principles that the RESET model was birthed out of and provides the format for readers to walk through their own personal RESET.

Brian has extensive experience at the professional and senior leadership levels that focused on non-profit operations, program development and measurement, organizational capacity building, leadership development and coaching sales leaders. Brian is also a Consultant for the Leadership Institute at Columbus State University.

Brian holds several certifications related to the work he does.

- Licensed Minister
- Certified Life Coach through International Association for Certified Coaches
- Certified Lean Six Sigma Yellow Belt
- Certified Right Path Facilitator
- Certified Trainer of Servants by Design
- Certified Facilitator of Scream Free Parenting

In his free time you can find Brian pursuing his other passion, in strength sports, as a four time national qualified amature strongman athlete.

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What is RESET?

RESET provides a simple, scalable and repeatable framework for you to get the results you are looking for. Whether it is a small quick win goal or a more long-term goal, The RESET process is designed to help you not only visualize the plan but to execute the plan. Whether in a one on one or team environment, we can use the RESET approach to help you plan and execute on the goals you set.

R	RENEW YOUR VISION "What do you want and why?"
E	ELIMINATE YOUR BLOCKS "What is getting in your way?"
S	SIMPLIFY YOUR ACTIONS "How do you know you are taking the right actions?"
E	EMBRACE YOUR CHANGES "What changes do you need to make?"
T	TARGET YOUR IMPACT "What will it look like when you get there?"



RESET Coaching

As a Certified Life Coach, I personally know the power of One on One Coaching. It is a great way for individuals to focus specifically on their needs and goals in life and business. Whether it is a potential career shift or planning out a new business vision, one on one coaching is a great way to help you understand yourself, understand others and develop teams. Below are the standards of excellence that are the guiding principles for International Association of Certified Coaches.

- 1. Conforming to Professional Standards and Meeting Ethical Guidelines:** A thorough understanding of the standards and ethics of coaching and the ability to apply them effectively in all coaching situations.
- 2. Developing a Coaching Agreement:** An understanding of what's required in a specific coaching interaction and the ability to discuss and come to an agreement with a prospective new client about both the coaching process and the coaching relationship.
- 3. Developing a Relationship of Trust with the Client:** The ability to promote a supportive and safe environment that produces trust and ongoing mutual respect.
- 4. Providing a Supportive Coaching Presence:** The ability to consciously create a spontaneous relationship with the client, promoting a flexible, open and confident style.
- 5. Active Listening:** The ability to focus on what the client is or is not saying, understanding what's being said in the context of the client's wishes, and supporting clients' self-expression.
- 6. Appropriate In-Depth Questioning & Effective Communication:** The ability to ask appropriate questions and effectively communicate with positivity in order to reveal the required information to maximize benefit to both the client and the coaching relationship.
- 7. Creating Awareness:** Is able to integrate and accurately evaluate various sources of information, in addition to making interpretations which will assist the client in gaining awareness in order to achieve mutually agreed-upon results.
- 8. Developing Actions, Goal Setting and Planning, Accountability, & Managing Progress:** The ability of developing and maintaining an effective coaching plan for the client, whilst leaving the client responsible for taking action.



RESET Coaching (Personal One on One)

The Coaching Covenant

- Professional Coaching is an ongoing professional relationship that helps people produce extraordinary results in their lives, careers, businesses, or organizations. Through the process of coaching, clients deepen their learning, improve their performance, and enhance their quality of life.
- In each meeting, both client and coach work together to choose the focus of conversation, while the coach listens and contributes observations and questions. This partnership creates clarity and moves the client into action.
- You are aware that coaching is not counselling, psychotherapy, psychoanalysis or any other form of mental health care treatment or therapy, nor is it to be used as a substitute for professional advice by legal, medical, financial, business, or other qualified professionals.
- You enter into this Agreement with the full understanding that You are solely responsible for creating your own results.
- Confidentiality is critical to our relationship--our coaching sessions are strictly confidential. Any information shared with you including but not limited to teaching materials, the RESET Model or documents provided are for your use only and should not be reproduced or distributed without permission.



Workshops for Developing Self



Lead Like Me

This session helps participants establish a solid foundation for personal and business leadership through understanding themselves using the Right Path Assessment tool.

Personal Accountability

Accountability can very easily take on the wrong connotation if not employed correctly. In this workshop participants will learn the key aspects of personal accountability and how to use accountability as a tool to their personal growth and development.

I have to Change

There is an old saying that change is the only constant in life. In this session we will explore the dynamics of change and how to deal with it so that we keep making progress towards our goals.

Managing my Time

We all get 84,600 seconds in a day. However, how we manage them will determine how effective we are in life and business. This workshop will help participants understand the fundamentals of time management and complete a self time study to determine how they can improve.

Communications Matters

Learn time tested principles of communications you can apply to everyday situations.

Conscious Conflict

In this interactive session, you will learn your conflict style based on the Style Matters Conflict Assessment. You will also learn others' styles and how to bridge the gap between the two in order to hone your skills in consciously managing conflict.

Getting things Done When You Are Not In Charge

Learn how to shift from leading from a place of authority to a place of influence.

Foundations of Leadership

This workshop is designed to introduce the key areas of leadership development and establish a foundation for leadership growth and development.



Workshops for Developing Others

3P Leadership

Leadership can be a very broad and sometimes confusing space, especially for new and emerging leaders. In 3P Leadership you will learn your default leadership style, the Purpose, Power and Position of Leadership and set the vision for the leadership legacy that you want to leave.

Building Highly Effective Work Teams

In Building Highly Effective Work Teams, participants will explore “The Law of Effectiveness” which defines 7 intentional actions needed to be a high performing team. The session includes engagement activities, interactive discussion and the use a Simple Self-360 to help each participant as an individual, identify blind spots and actions they can take going forward to make their team and themselves more effective.

Winning Team Dynamics

In this interactive session you will learn 10 key attributes of winning teams and perform a self-team assessment to pin point where your team is with each and begin building an improvement plan to drives higher levels of engagements and better results.

Conscience Conflict

Learn how to effectively handle conflict based on your conflict style.

Getting things Done When You Are Not In Charge

Learn how to shift from leading from a place of authority to a place of influence.

Foundations of Leadership

This workshop is designed to introduce the key areas of leadership development and establish a foundation for leadership growth and development.

I have to Change

There is an old saying that change is the only constant in life. In this session we will explore the dynamics of change and how to deal with it so that we keep making progress towards our goals.

The Right Conversations

In this workshop we will explore the aspects of critical conversations that every leader in life and business need to be able to have and help you build the skills necessary to have them.



RESET Workshops

RESET provides a simple, scalable and repeatable framework for you to get the results you are looking for. Whether it is a small quick win goal or a more long-term goal, The RESET process is designed to help you not only visualize the plan but to execute the plan.

RESET workshops apply the RESET Framework principles in ways that are specific to the subject matter.

RESET Bootcamp (Goal Setting)

A three hour intensive workshop that can be small or large groups to help take participants through the entire RESET framework resulting in a defined action plan for taking the next steps towards their goals.

RESET Leader (Personal and Business Leadership)

Learn what the common traps are and what to do to avoid and overcome them. Part Two of this course is entitled the Spirit of Leadership. Here we take a look at what makes effective leaders using biblical principle.

RESET Customer Service (For team and individuals)

Customer service is not just about the customer but it is also about the provider. Learn how to provide effective customer service based on your personality and other tools.

RESET Parents (Parent Workshop)

This workshop is designed to help parents to learn to take better care of themselves so that they can take care of those they parent using the BREATHE method.

RESET Strategy (Strategy Planning for Leaders and their teams)

Using the RESET Framework and SWOT Analysis, this offering helps leaders and their teams to develop vision and plan out the necessary action to bring it to fruition.

The Everyday RESET

In this short session participants learn how to use the RESET Framework to focus their minds and their work for each day. Go into each day planning to succeed.



Available Assessments

"If you can not measure it, you can not manage it and if you can not manage it you can not multiply it." - Vince Allen, *CEO of Vince Allen Global*

Assessments are a great way to deep dive into specifics in our behaviors to identify our strengths in order to address areas where we are not as strong.

Whether individually or as a group we offer a three different assessments to fit your needs. Each still provides application to both life and business. All three can be used in individual and group settings.



Path 4 & 6 assessments let individuals learn about their strengths and struggles, and discover exactly what they bring to life and business each day. Unlike a personality test, Path 4 & 6 are valid assessments, designed to reveal natural behavior tendencies, and match those to one of our 16 blended profiles.



Style Matters is a state-of-the-art conflict style inventory that stands out for its cultural adaptability, ability to measure stress, and actionable score report.



In a shortened adaptation, we use this DiSC® model to provide a common language people can use to better understand themselves and those they interact with—and then use this knowledge to reduce conflict and improve working relationships.