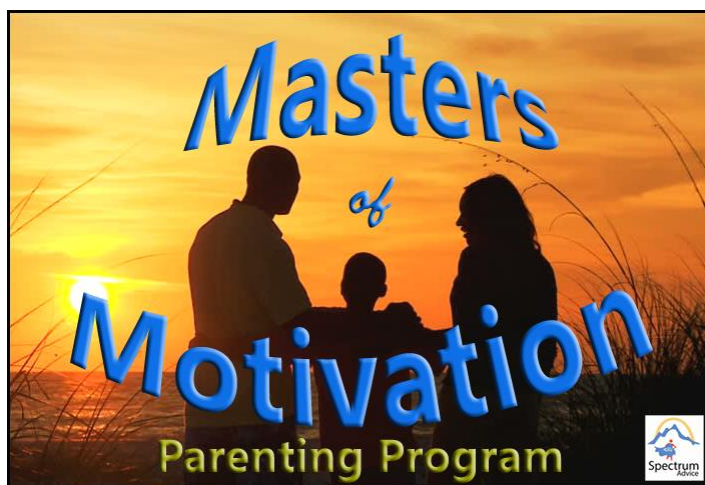


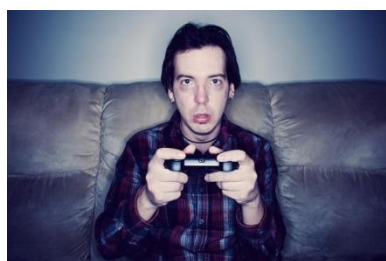


# presents



## My Story

First, I want you to understand that I was once in your shoes and dealt with many of the same, if not more of the challenges that you deal with every day. In fact Travis (my son on the spectrum) and I had our fair share of disagreements over the years as I was raising him. And by “fair share” I mean almost on a daily basis! Let me tell you what I mean by “disagreements.” This is when something escalates to the point where a window gets broken, the police get called, or something else that escalates almost to the breaking point.



My wife and I really tried to do everything we could to help him. We tried rewards and punishments, token system, chore charts, you name it! We even took a course on Love and Logic, but none of this did anything to improve our situation. In fact, things got so bad that when Travis was 15, we even took out a second mortgage on our home and put him into a residential treatment for a whole year! It wasn't just our not understanding him, Travis struggled in school, in social relationships, and in just about every other aspect of life. When he wasn't fighting us, he was holed up in his room playing video games, and sometimes would even run away for hours at a time. **Our biggest fear was wondering what would happen to Travis when it was time to transition into adulthood.** I was convinced that despite all of our efforts

to help him, Travis would likely end up as a 20-something or 30-something still living in our basement and playing video games all day.



Fast forward ten years and now Travis is a 4.0 student in college and has so impressed his business professors that they asked him to help them write their college curriculum for a minor in entrepreneurship. He is happily married, and a partner in a successful and thriving business. So what changed all of that? What transformed my son from one who struggled every day just to deal with life, to someone who is thriving by almost every definition?

The answer lies in not just learning a few parenting techniques to parent Travis differently, but in working to change what we needed to transform within ourselves to be empowered to create an environment of peace, love and understanding where Travis could really thrive. It required a thorough understanding of ASD, and then changing our behaviors so that Travis felt safe, understood and loved. When this happened, Travis really began to transform as well, and the rest is history. This is what motivated me create this program to help parents, just like you, become more empowered to transform your child, and in this process to transform yourself to become the best you can be!

### **...But I Signed Up to Help My Child. Why Do I Need to Work on Me?**

Is this a question you have been dying to ask? Great! I'm glad you did!

This is exactly what I thought several years ago when I went to check out a program to help Travis. The realization I gained there was invaluable and changed my whole approach to raising children for the rest of my life.

So often in life we want others to change, and while there is definitely good reason for them to do so, true change can't really occur until BOTH sides are willing to make the necessary changes. This certainly doesn't mean that what you are currently doing is wrong, it simply means that you, as with all of us, can learn to do some things a little better. When you are in a space of peace, love and understanding, your child will respond much more readily to you than if you aren't! By working together through mutual improvement, the strides you and your child can make are boundless!

### **But Isn't this Just a Training Course?**

No, it isn't. This program isn't just a "training" program. Training implies a passive learner that is here just to soak up new information. Like you, I have been to many of these, and I'm sure you have noticed a real problematic pattern with all of them. It goes like this: You attend the training and get all kinds of new techniques and tools that you're excited to use. You rush home to "try out" all this great stuff you got! But after a few days, maybe even a week or two, things are back to the way they have always been. But why? **What does it really take to make new habits and new behaviors stick?**

Researchers have done extensive studies on what it takes to bring about true behavioral change and you know what they discovered? New behaviors require forming new thought patterns, or neuro-pathways, to form and then sustain that new behavior, and that's not easy! Your body and your mind are creatures of habit. They will naturally resist change until a new habit is formed, **which on the average takes 66 days**. During this transformational process, things can be really hard if you don't have things in place to help you. The three factors researchers have proven to be very effective in making and then keeping these new habits and behaviors are: **Coaching, Support and Accountability**. This program is specifically designed to address each of these critical factors for your success! Let me explain...

- The **program's length is long enough** to give you the time you need to make these new skills and behaviors solid habits in your life.
- We provide **custom coaching** by listening to your team calls and determining your greatest needs. We then **provide weekly coaching support** that is customized to address those specific needs.
- You **receive ongoing support from your Power Team** that work with you, encourage you and support you every step of the way. You also have **support from your Masters of Motivation family** who will celebrate your successes and give comforting support through your challenges, just like a family should.
- We **provide accountability structures** to ensure that you feel the desire and motivation to learn and implement these skills and behaviors so that they become a real part of you.



All of these components have been put into place to ensure that when you complete this program you will have the tools, the skill sets, and most importantly **new habits and behaviors to ensure that your child on the spectrum can thrive!** As with my son Travis, once your child feels that all the components for success are in place and readily available, you will be amazed at the transformation that can happen!

Can you imagine what this transformation can do for you and your child? Imagine what establishing a true heartfelt connection with your child would feel like? How different would the life of your child be if he/she was truly thriving in the areas where they now struggle? Picture the joy you will feel when your child is truly motivated to embrace life and all that it has to offer!

I sincerely hope that we will see you in our next Masters of Motivation Program! This will be one of the best and most rewarding decisions you will ever make!