

*Alicia Cohen Designs presents...*

# *Power-Up Your Productivity*

GROUP COACHING PROGRAM

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**A group coaching experience for busy moms to finally create peace, well-being, and productivity, while being able to focus on what matters most!**

Registration opens Tuesday, April 19, 2022

Program starts Tuesday, April 26, 2022

First live call on Sunday, May 1, 2022 at 8:30pm ET

# **This fun and engaging 14-week program consists of:**

- 12 live group coaching Zoom calls
  - weekly accountability check-ins
    - self-led video modules
    - worksheets and checklists
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## **Topics Covered**

### **// Sync Your Season**

- Learn how to get in tune with your unique, personal life season so you can plan in a way that saves you energy and allows you to achieve more

### **// Tackle Your Tools: Calm Your Calendar**

- Learn how to best use your calendar so you can stress less and do the best things

### **// Tackle Your Tools: Tame Your To-Dos**

- Learn how to effectively manage ALL of your to-dos so you can *finally* stop the mind swirl

## // Master Your Planning

- Learn how to plan in a powerful way that increases your confidence and effectiveness, in planning your time AND energy, so you're able to spend time doing what matters most to you
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## FAQs

### **What are the dates of the group coaching program?**

- The first self-led video module will be released Tuesday, April 26, 2022. The first live video coaching session is Sunday, May 1, 2022. The program finishes on Sunday, July 31, 2022.

### **When are the Zoom calls held?**

- The Zoom calls will be held on 12 Sundays, throughout the program, at 8:30pm ET.

### **What is covered in the Zoom calls?**

- The Zoom calls are a time for answering questions, troubleshooting, and getting additional insights and clarity!

## **What happens if I miss one of the Zoom calls?**

- Not to worry! The calls will be recorded, and you will have access to watch them (or watch them again)!

## **What is the time commitment?**

- Most weeks during the program, there is a 1-hour Zoom call. Otherwise, there is the time that it will take to complete the self-led video modules and the corresponding assignments. While it's hard to say for sure, since everyone learns and works at different paces, I think it is reasonable to expect to invest 1-2 hours per week in the program, in addition to the Zoom calls.

If this seems like too much time, remember that by participating in this program, you will be getting time BACK through the insights, clarity, and effectiveness that you gain!

## **Will this really work?**

- This is the method I use myself, and it has worked for me! And, this is the method that I've taught to others, and it has worked for them!

So, I believe that it can work for you, too, and I'm here to help you figure it out, so that you finally get the results that you're looking for!

### **Are there any prerequisites?**

- Nope, not really! The only thing I ask is that you have an interest in improving your planning and productivity skills, a willingness to learn, and an openness to being coachable! This program is very beginner-friendly!

### **Do I need a specific planner?**

- You actually don't need a specific type of planner! The methods that I teach can be used with whatever planner you prefer -- even a notebook from the Dollar Store will work!

### **How much does the program cost?**

- If you're reading this flyer, then you get a special "family & friends" discount! For a limited time, you can receive 50% off the program's regular price of \$594! So, you only pay \$297! Use the code **F&FSAVE50** at checkout!

## **Do you offer a payment plan?**

- Yes! If you opt to do the payment plan, then the cost will be 3 payments of \$238, billed monthly in April, May, and June. However, if you're reading this flyer, then you get a special "family & friends" discount! For a limited time, you can receive 50% off each month (of the regular payment plan price of \$238 per month). So, you only pay \$119 per month! Use the code **F&FSAVE50** at checkout!

## **What are the payment options?**

- I accept payment via credit card (Visa, Mastercard, American Express, and Discover), and I also accept payment through PayPal.

## **I have more questions! How do I contact you?**

- Please reach out to me at [hello@aliciacohendesigns.com](mailto:hello@aliciacohendesigns.com) -- I would be happy to hear from you and answer any questions!

# Well, hey there!



Hello, hello! I'm Alicia. I'm the wife to a wonderful husband and the mom of two precious little ones (and I'm going to start being a homeschooling mom in the fall!)

I'm also a business owner and a YouTuber. My business is

Alicia Cohen Designs where I teach busy moms intentional planning and productivity solutions to increase calm, effectiveness, well-being, and confidence in their lives, while also staying focused on what matters most. I built my business based on my own journey of overcoming my overwhelmed and frazzled life -- what I call the "hamster wheel marathon" -- and now I teach the methods that I discovered (and use personally) to other women.

Thanks for reading about my brand new group coaching program! I'm really excited! It's going to be a lot of fun and allow participants to get some great results -- like getting off of the hamster wheel marathon!

I really hope to see you inside the Power-Up Your Productivity program! Please know that if you are feeling overwhelmed, you don't have to stay stuck there anymore! Join me!

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*Stay in touch!*

