

WELCOME TO ASCEND

Introduction & Instructions

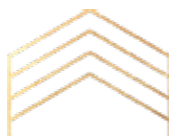
Please read this entire document thoroughly.

The purpose of this document is to introduce the rules and expectations, instructions for navigating the technology used in the program, and to give you an idea of how everything will run during the program.



THE ASCEND PROGRAM INCLUDES

- Access to a digital vault of trainings and guided exercises
- 18 weekly group calls - time TBD based on group availability
- Private Facebook Group access to other members and Kelly
- Bonus trainings and resource rolodex
- Private 1:1 Day (5 hours with breaks) with Kelly over Zoom
- In-Person Graduation Challenge in Minneapolis, MN on August 23 & 24, 2021



RULES AND EXPECTATIONS

What we expect for you to get the most out of the program

The program begins with 45 days of a “pre-flight” challenge to jump-start your personal growth. In this challenge, you will experience daily lessons and assignments that should take you 30 - 90 minutes, depending on how deep you want to go.

The assignments may make you uncomfortable. This is a good thing! Part of what helps your growth the most is to dig into what makes you uncomfortable.

Perfection is not expected, nor is the “right” answer. This is completely personal and unique to you, so don’t place expectations on yourself. Just be yourself and tap into your heart.

RULES

There are a few rules so that each member can get the most of the program. The rules are for your benefit so you will expand and grow to your fullest.

1. Trust the Process
2. Details Matter
3. Be Present Here and Now
4. Don’t Ever Quit
5. Tell Yourself and Others the Truth
6. Take Care of Your Sisters

CONFIDENTIALITY

While participating, you’ll get access to trade secrets, frameworks, tools, and most importantly, personal information about your fellow members. It is of utmost importance to keep what you hear inside of Ascend confidential. If it’s not your story, it’s not yours to tell!

This is a safe space for you to be vulnerable, share, and work through things without judgement.





PACING

During the “pre-flight” challenge, there will be 1 video and 1 assignment per day. It’s highly recommended you participate on a DAILY basis. Try not to get behind. You may end up buring out if you try to do several days at once throughout the entire challenge.

After the initial 45 days, you will learn a framework called a 90 day challenge. This challenge focuses on setting targets for growth in 4 main areas: Body, Being, Balance, and Business.

The challenge is paced in week increments. There will be weekly assignments. It’s important to keep this pace so you aren’t trying to catch up at the end of the 90 days.

The most successful participants complete each of the daily habits learned as well as pace themselves to make weekly progress during the program.

PARTICIPATION

You will get more out of the program the more you participate. If you do not do the work, you will not get results, PERIOD.

You will be met wherever you are. Your growth should not be compared to anyone else’s, as it’s yours and yours alone.

If you show up, and continue to be open to learning and growing, you WILL make progress. It’s as simple as that. Commit to yourself and you will grow beyond your imagination.

Life-long friendships will be formed if you connect. Your sisters will become your family.





COMMUNICATION PLATFORMS

We will be using the Facebook Group as the primary communication hub. You will be posting video responses to the daily assignments and checking in via text posts. You'll be given instructions on how to post for each assignment.

The weekly calls will take place on Zoom. You'll be given a link to join. It's highly recommended you attend on camera. We don't care if your hair and makeup is done. It helps to see each other's facial expressions and make eye contact to create connection.

Please mute yourself when you're not speaking. It's recommended you attend the calls in a private location, as you'll be sharing personal information, as well as hearing fellow members' information, but we understand that kids may interrupt, or it may not be possible to be alone. If you are in a space that others can hear, please use headphones to protect other members' privacy.

You will have direct access to Kelly via Voxer or text message.

The daily videos will be posted in an online vault. You will receive an email daily with a link to the next video. You'll have access to the vault as long as the program exists, so you can always re-visit the videos.

FINAL THOUGHTS

Do your best. Go all in and invest in yourself - you're worth it! We're here to support you and go on this journey together.

Be exactly who you are and don't hold back. That's how you'll make the biggest transformation and achieve the life you want!

If you have any questions, please contact Kelly at kelly@ekcetera.com

