



# Pro-Active Coaching

It's an inside job first...

**The Elect Club Pro-Active Coaching program is specifically designed for you. It uses a unique combination of coaching exercises, tools and processes each of which has a special focus and intended outcome. When used together they create amazing results!**

## Pro-Active Coaching

Whilst we've all been encouraged to make our own choices in life, too often, we don't really know how to make the right decisions – and choose what we really want. The Elect Club program is all about pro-actively creating the relationship you really want with the help of your Pro-Active coach. The processes we utilise can be used to create the outcomes we want in just about every aspect of our lives and the models learned from us will enable you to achieve what you want in many other areas of your life too.

Like attracts like, so getting what you want is an inside job – it starts with you! In order to have what you want you need to live it first.

**Your Elect Pro-Active program will show you how.**

## The Inside Job

*It doesn't matter where you've been...  
What matters is where you're going...  
...and how you get there.*

In today's world, having a successful life partnership continues to be one of our most important and elusive goals. Most singles want a relationship. Most couples want their relationship to be more fulfilling. People want to be happy in their relationships but don't seem to know how.



At Elect Club we want to help you have successful relationships and achieve your goals from a non-therapeutic coaching perspective that utilizes a method of coaching paradigms, strategies and tools unique only to Elect.

### Benefits of successful relationships:

- **Regular, safe, good sex** – committed, monogamous partners have more and better sex than singles and non-committed partners.
- **Companionship** – we are social beings and are comforted by closeness. Married people are healthier, happier and live longer than singles
- **Intimacy** – emotional closeness, love, trust, mutual support, builds and improves over time in a committed relationship
- **Economics** – committed couples are financially more successful than singles and non-committed partners.

Exceptional Relationships...  
...would you marry or partner yourself?





## The Design Elements

We unconsciously fall into dating traps, but we designed these traps in our heads. A dating trap is an unconscious relationship choice that results in an unsolvable problem in a relationship. When you're single, you can do a lot more than you realise to avoid these traps and prepare for a successful and lasting relationship...

- **Marketing Trap** – you develop a fear that no one wants you as you really are
- **Packaging Trap** – you fail to appreciate the reality of the person inside by focusing on their outside packaging such as their looks, body, and the trappings of their job, wealth, possessions
- **Scarcity Trap** – you believe there is a limited supply of possible partners so you think that you have to take what you can get – or be alone so you settle for less
- **Compatibility Trap** – assuming that if you have fun together and get along well, you are compatible. There is a vast difference between a fun-focused, recreational 'dating' relationship and a serious long term committed relationship
- **Rescue Trap** – hoping a relationship will solve your emotional and financial difficulties and bring you happiness and fulfillment, expecting



to be rescued from them. This only results in desperation, neediness and relationship failure when your problems multiply instead of disappear

- **Entitlement Trap** – believing you deserve to be happy and get what you want without effort or changes on your part. 'if you do what you've always done, you'll get what you've always got'

## The Benefits of Elect Pro-Active Coaching

- Elect's powerful visioning process model is used to create the vision, to surface self awareness and identify those barriers that have stopped you making things happen
- Learn the use of intention statements that perfectly express what you want
- Exercises designed to support you in determining your preferences in every aspect of your relationships and identify and release your needs and baggage
- Erase the beliefs you hold that limit you and hold you back from getting or having what you want
- The Strategic Attraction Planning Guide

We create with our thoughts and so if you want to know what you've been thinking look at what you have. If you want something then you must be it without being judgmental about what you think is right or wrong, or having a sense of attachment to how you perceive things should or ought to be or turn out, or finally being resistant to opportunities that you otherwise might miss – being judgmental, attached and resistant do not support exceptional relationships.

**The Elect Club Pro-Active Coaching program can show you how...**

## Elect Club Pro-Active Coaching Options

Full Elect Club Pro-Active Coaching Package one off fee  
£350 + £150

Monthly subscription  
£150  
(includes two 30 minute laser sessions)

Laser session 30 minutes  
£75

Additional Coaching session  
£125

*\* To guarantee a time, book your session with your Elect Club Pro-Active coach.*

*\*\* For longer sessions, please reserve an extended block of time with your Elect Club Pro-Active coach.*

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