



What is this program about?

The BE the Change Maker Program is a 6 or 9 month group and individual coaching and mentoring program that is based on Jen Todd's 20+ years of experience leading large system and culture-wide change, group and personal transformation and all she's learned in her own personal journey to discover her greater purpose. The program includes:

- ✓ **MENTORING:** Twice a month group teachings, wisdom, tools and best practices and once a month learning assignments focused on one of the program pillars of Presence, Purpose, Power and Path.
- ✓ **COACHING:** Foundational vision casting sessions, once a month coaching in a group setting, monthly or bi-monthly personal coaching with Jen Todd to integrate learnings into your being.
- ✓ **GROUP SUPPORT:** Ongoing group community connection of powerful change makers, sharing and support on group calls, a private Facebook group, and a private website.

What will be taught and learned in the program?

The wisdom teachings, tools & practices in the sessions and learning assignments will center around the four pillars of BE the change maker: Presence. Purpose. Power. Path.

PRESENCE is the foundation: Be centered, grounded and connected to your presence and inner wisdom amidst the intensity of the systems, people and issues swirling around you.

- Cultivate daily practices for getting centered and grounded, slowing down, taking pauses to go inside and access your inner wisdom.
- Discover the essence, energy and wisdom of your authentic presence.
- Use your presence more intentionally to influence and impact individuals and groups.

PURPOSE drives everything. Deepen your clarity and connection to your true purpose and express that in more meaningful ways in your work.

- Get clearer on your true purpose and the 3 elements that make up your purpose.
- Connect your purpose to your work, change or let go of doing endless things that drain your energy, don't make a meaningful impact or align with your purpose.
- Work with and shift doubt and fear "gremlins" that get in the way of living out your purpose.

POWER of using your whole self. Clear out what holds you back and intentionally ignite the power of your whole self as an instrument of change.

- Clear out old stories that limit you and confidently and courageously step into your power.
- Practice using the power of your whole self in your change work including accessing your intuition, body, and emotions as a radar in a purposeful and intentional way.
- Play with the wisdom and power of resistances in yourself and others as pathways for change.

PATHS get illuminated. Explore pathways and a vision for bringing your purpose and power out into the world.

- Envision and tap into the bigger dream and calling that lives inside of you.
- Explore the most powerful paths for purpose and calling expression in your contract, role or mission and create boundaries and plans for putting that into place.
- Practice saying YES to your ideal path and saying NO to what needs to be released with grace and ease.

What do I most want to learn and how do I participate?

You will articulate your learning goals in the personal foundation sessions with Jen in the first month of the program. You can participate in all the events virtually from anywhere around the world as long as you have computer Wi-Fi access for video and a phone (except for optional Level 3 retreat).

You will choose between 3 levels of participation in the program, depending on the depth of learning, impact, investment and personal coaching you want.

The higher the level = the deeper the experience, more learning events and personal 1:1 coaching you will receive from Jen Todd.

A snapshot of the experience and events in the different levels:

LEVEL 1

6 Month Experience

Month 1 – Foundation Setting:

- BE the Change reflection and prep packet
- Virtual video “Vision Casting Session” – 90 minutes

Months 2-6:

- Group mentoring & coaching video and phone sessions – 90 minutes/2x month
- Two personal 1:1 coaching sessions delivered during month 3 and 5 – 45 minutes each
- Learning assignments/1x month
- Community Facebook group

Shared as Inspired from Jen:

- BE the Change Maker tools & gifts

LEVEL 2

6 Month Experience

(Level 2 Additional Offerings in Bold)

Month 1 – Foundation Setting:

- BE the Change reflection and prep packet
- **Half-day virtual “Vision Casting Retreat”**
- **360 Change Maker Discovery Tool**

Months 2-6:

- Group mentoring & coaching video and phone sessions – 90 minutes/2x month
- **Monthly personal 1:1 coaching sessions – 45 minutes/1x month**
- Learning assignments/1x month
- Community Facebook group

Shared as Inspired from Jen:

- BE the Change Maker tools & gifts

LEVEL 3

9 Month Experience

(Level 3 Additional Offerings in Bold)

Month 1 – Foundation Setting:

- BE the Change reflection and prep packet
- **Half-day virtual “Vision Casting Retreat”**
- **360 Change Maker Discovery Tool**

Months 2-6:

- Group mentoring & coaching video and phone sessions – 90 minutes/2x month
- **Monthly personal 1:1 coaching sessions – 45 minutes/1x month**
- Learning assignments/1x month
- Community Facebook group
- **Email and Laser coaching access in between sessions**

Month 4:

- **2 day in-person BE the Change Maker Retreat**

Months 7-9:

- **Twice a month personal 1:1 coaching sessions – 45 minutes/2x month**
- **Email and Laser coaching access in between sessions**

Shared as Inspired from Jen:

- BE the Change Maker tools & gifts

Yes, tell me more! What is the timing and flow of activities?

MONTH 1 (AUGUST): Personal Discovery & Vision Casting Sessions

- ❖ **“BE the Change I wish to see” vision questionnaire and reflection activity**
 - Reflect on your vision and dreams and the goals you have for learning and growth for the program.
- ❖ **Foundational video retreat to cast vision and create learning goals with Jen**
 - Level 1: 90 minute virtual video session to cast your personal vision and goals
 - Level 2 & 3: Half day virtual video session that includes deeper dive to discover your unique presence, power, purpose and desired path (can also be done over a few video sessions).
- ❖ **Access to 360 Purpose & Power Discovery tool – this is NOT your typical 360! (Level 2 & 3 only)**
 - This is a set of powerful questions and a process to help you uncover aspects of your purpose and power that others see in you. You get to send this tool to select people that know you well professionally and personally – the feedback you get back will WOW you and give you incredible insights that will help define your path!

MONTHS 2-6 (SEPT-JAN.): Group and Private Coaching and Mentoring

- ❖ **Two 75-90 minute group mentoring and coaching sessions* a month.**
 - One Group Video Mentoring Session, experiential style teachings - held on the 2nd week of the month.
 - One Group Mastermind & Coaching Call - held on the 4th week of the month.
- *Group Session Details
- You can join the sessions virtually via video or audio phone from around the world.
 - Session times will be sent as appointment on your calendar as re-occurring meetings the 2nd and 4th week of the month for 90 minutes between Tues-Thursday 12-3pm EST.
 - Since we know your schedules are busy and we have different time zones, you will be able to give input on your time preference after you sign up.
 - Sessions will be recorded and available to watch or listen later.
- ❖ **Deeper Dive Learning Assignment 1x Month.**
 - A deeper dive video or audio with an individual assignment on the focus of the month will be on the website and sent monthly to your inbox that you will do on your time.
 - ❖ **Personal Coaching Calls – Throughout the program, frequency varies by level.**
 - Two 1:1 private coaching calls with Jen throughout the program (45 min each - Level 1)
 - Monthly 1:1 private coaching calls with Jen (45 min each - Level 2 & 3 only)
 - Unlimited email access and laser 20 minute coaching calls in the moment (Level 3 only)

❖ **Community Private Facebook Group – ongoing throughout program.**

- Private BE the Change Maker Facebook group will be set up just for this community for staying connected, sharing insights and ideas and supporting each other's journey.

MONTH 4 (NOV 18/19th) – 2 Day In-Person Retreat *LEVEL 3 ONLY*

- ❖ **The exclusive BE the Change Maker Retreat will be a small, intimate group of change makers** that meet on the shores of Lake Michigan at a charming B&B (about 90 min from Chicago Midway airport) to take time out to tune in, breathe and receive at the end of a busy year.
- ❖ This is a powerful ritual and time of the year to **Reflect, Renew and Refocus**, before the hustle and bustle of the holidays begin. What you can expect to do and receive is:
 - * **REFLECT** – On your whole self of your life and work; celebrate successes and growth, glean important learnings, clear out the past and powerfully complete 2016.
 - * **RENEW**– Your mind/heart/body/spirit and slow down; integrate learnings into your being with opportunities for: yoga, 1:1 coaching, meditating, journaling and just resting.
 - * **REFOCUS** – Connect with your vision and focus for the next year and get aligned to step forth and BE the Change.
- ❖ Retreat content, program, materials and food for main meals are included. Lodging options will be provided later and lodging costs will be covered by you.
- ❖ Spots are included and reserved for LEVEL 3 participants only, but other levels are invited to apply later based on availability.

MONTHS 6-9 (JAN-MARCH) – Personal Purpose Coaching *LEVEL 3 ONLY*

- ❖ Twice a month 1:1 personal coaching and mentoring calls with Jen to integrate, align and really IGNITE your purpose and power into your work (45 min each).
- ❖ High touch personal support of unlimited email and laser coaching calls (20 min as requested).

What does it cost? Investment and payment options info...

- ❖ Investment ranges from \$4,900-\$14,900 depending on the level of participation. [Click here](#) to schedule a call with Jen to get more details and explore what program level is best for you.
- ❖ Down payment is required to reserve your spot and monthly payment plans are available.
- ❖ Monthly payments are made easy and can be done online through paypal.

I am really interested, but not 100% sure if this is the program for me...

Keep reading and talk with Jen live to really explore personally if this is a fit for you, [click here](#) to set up a call with Jen.

This IS the program for you if you are ...

- Experienced in leading change in complex systems, groups and situations or individually for professional or personal growth and you want to make a greater impact.
- Driven by a deeper purpose, mission, cause or values in your work and life.
- Sense there is a purpose, path or destiny that you have yet to fulfill.
- Committed to your personal enlightenment and professional growth and living your full potential and will make the time and space needed for the work and program events.
- Interested in learning about how to use different parts of yourself to expand your influence and impact beyond just your mind.
- Willing to stretch yourself, be uncomfortable and vulnerable and become self-aware of how you limit yourself so you can BE your purpose and power in the world.
- Wanting and value connection with other change makers from different organizations, industries, and locations around the world that you can learn and get support from.
- Open to coaching and expanding yourself to thinking, doing and being in different ways to create the change you wish to see, even in light of your doubts and fears.

This is NOT for you if you...

- *Are just starting out as a change maker* and still learning the basics of leading and managing change and how to “use yourself as an instrument of change” to influence and impact.
- *Don't consider personal growth and enlightenment (of mind/heart/body/spirit) important* to your success and the impact of your work in the world as a change maker.
- *Are uncomfortable with and unwilling to fully engage in present-centering practices* like meditation, guided visualizations, intuitive check-ins, and prayer and intention setting rituals.
- *Are so busy or overwhelmed that you can't fully commit to the time, effort and focus* to being at the sessions a few times a month and doing your own growth work to apply your learnings.
- *Don't like sharing or being supported in a group setting* and would rather do individual work privately (contact me about my options of private coaching programs).
- *Are stopped by doubts and fears about exercising your purpose and power* that you are not open to shifting through support and coaching.

Schedule your call with Jen to save your spot or explore if this is the program for you at:

<https://calendly.com/jtodd/be-the-change-fit-interview/>

About Jen Todd....



*“Jen Todd reminds me of Flavia Weedn’s words,
“Some people come into our lives and leave footprints on our hearts, and
we are never ever the same.”*

*Thanks to Jen, I more fully engage in my work, create a greater impact and
find deeper fulfillment. Jen’s coaching helped me integrate my mind,
heart and body, resulting in professional and personal breakthroughs.”*

– Elizabeth Roll, OE Consultant and Leadership Coach

Acclaimed Leadership Coach and Change Consultant. Jennifer (Jen) Todd is the founder and CEO of Breakthrough Partners. As an experienced leadership coach and change consultant, she is a trusted confidant to executives and known for transforming groups and individuals who report life-altering shifts from her programs. Jen has coached thousands of leaders, groups and individuals around the world on complex large-scale whole system change, team effectiveness and personal transformation.

While she was transforming the paradigms of thousands of people a month in her corporate work, her own paradigm about life changed. Burn-out, depleted and exhausted, she realized in quest to help others live their dreams, she had neglected her own. She took a sabbatical and followed a whisper in her soul that said “Go to Africa.” She embarked on a remarkable personal and spiritual journey, uncovered her life’s purpose and re-aligned her life around that. This led to revamping her work, founding a women’s empowerment mission in Africa, starting the non-profit Value Girls Globally, and adopting a baby on her own as a single woman.

She now offers clients experiences to uncover their own purpose and tap into their whole self - mind, body, heart and spirit - to leverage their true power and potential in their work and lives.

Jen holds a Master’s of Science in Organization Development from Pepperdine University, an International Executive Business Program and a Bachelor’s degree in Psychology from Michigan State University, and is a graduate and guest faculty at the Gestalt Institute of Cleveland. Jen works and lives on a lake outside of Detroit MI, and when she’s not working she loves doing yoga, boating, playing outside and frolicking on the beach with her beautiful 3 year old daughter Kenya.

For testimonials or to hear more about Jen: www.jentodd.com or www.breakthroughpartner.com.