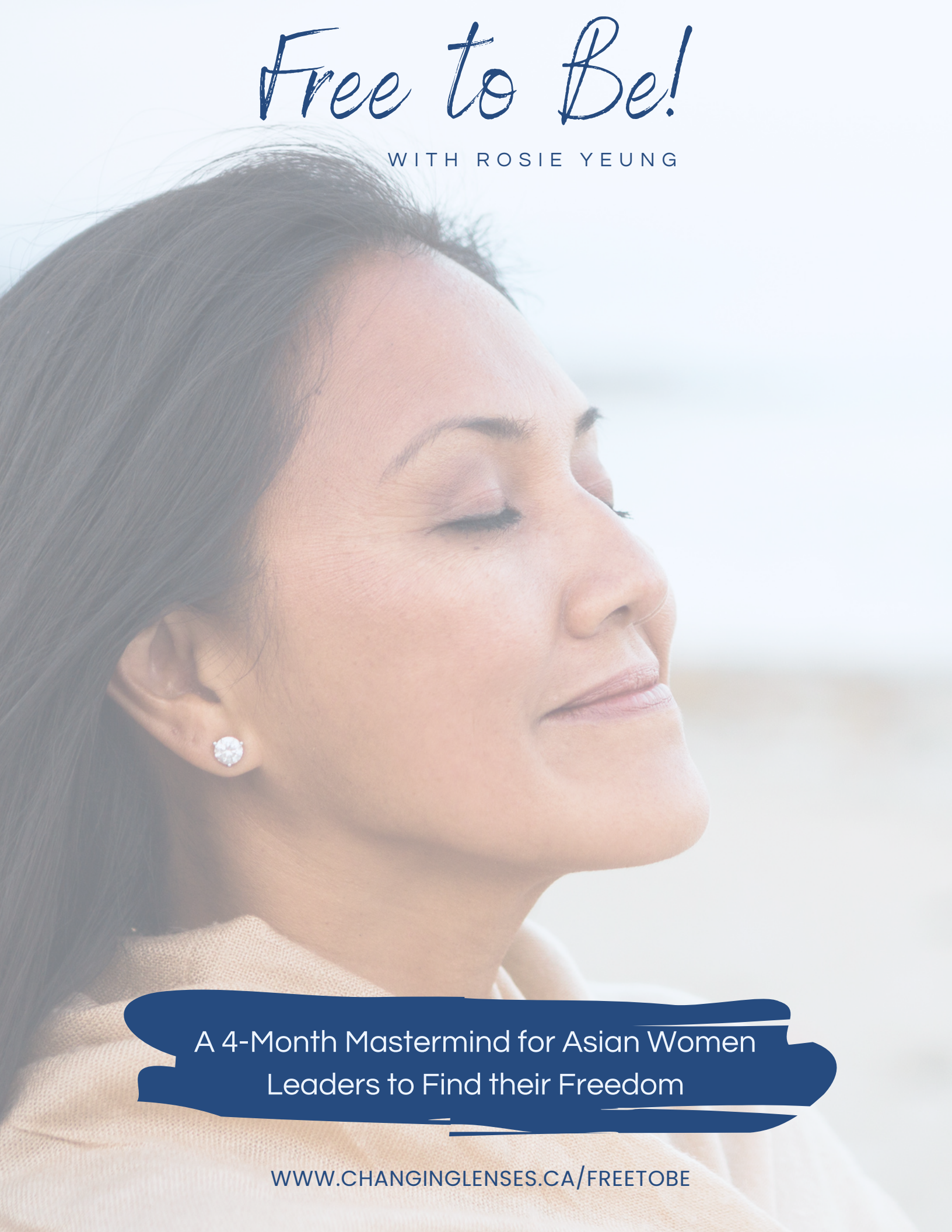
Free to Be!

WITH ROSIE YEUNG



A 4-Month Mastermind for Asian Women Leaders to Find their Freedom

WWW.CHANGINGLENSES.CA/FREETOBE

Meet Your Coach

ROSIE YEUNG, CPA, CA, CHRL

Hello! I'm Rosie

I'm a trauma-informed Mindset Liberation Coach and JEDI Warrior (JEDI = Justice, Equity, Decolonization and Inclusion) focused on anti-racism, anti-misogyny, and wealth redistribution.

I'm on a mission to decolonize corporate Canada and heal our workplaces from the patriarchal Western ideals which are embedded in corporate systems and internalized in employer/ees. Not only are these ideals unJUST, they are also unHEALTHY, contributing to the epidemic of mind-body illnesses that pervade our society.

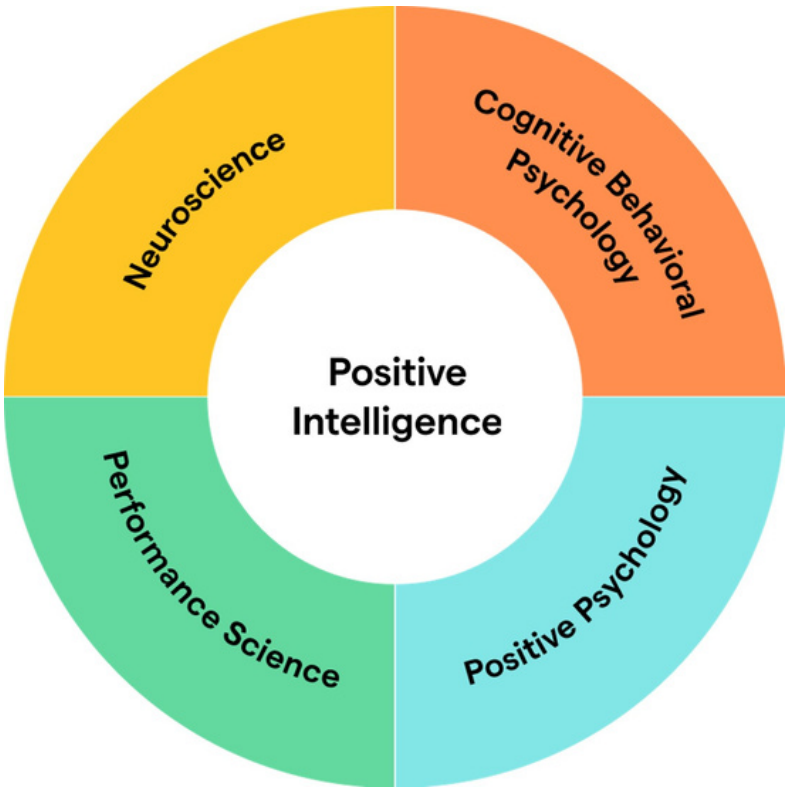
This epidemic affects everyone, but particularly people from historically marginalized and oppressed groups. I specialize in 1-on-1 and small group coaching with racialized women (especially Asian diaspora women) who face inner conflict and tension between professional success, their family of origin and cultural values, and their personal need for authenticity and acceptance.

As a Certified HR Leader, Chartered Professional Accountant, and Positive Intelligence Coach with over 20 years of corporate executive experience, I leverage all my skills and experiences – my whole self – to help you Change Your Lens, Free Your Mind, and Transform Your Life.

How Does It Work?

The breakthrough neuroscience research of Positive Intelligence shows us how to rewire the brain at the root level rather than treating symptoms.

https://www.positiveintelligence.com/science/



What Makes This Program Different:

Focus on Habit Formation

Most trainings result in short-lived improvements. For sustained results, we focus on building neural pathways that form lasting new habits.

Treat Root Cause, not Symptoms

Factor analysis research has revealed the foundational root-level enablers and disablers of optimal performance and wellbeing. We rewire the brain at the root cause level.

Develop all 3 Core Muscles

Mental fitness requires 3 core muscles. Saboteur Interceptor, Self-Command, and Sage. Meditation only focuses on Self-Command, which is why it is not sustained by most.

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Personal Benefits

How will you grow and benefit?

https://www.positiveintelligence.com/program/

Discover the neuroscience of your mind/body connection. Improve your sleep, diet, and exercise.

Wellness

Discover the 3:1 positive to negative ratio required in healthy relationships.

Relationships

Learn how your stress is generated by your Saboteurs and personalized strategies to shift to Sage.

Stress

Guide your career to maximize both achievement and fulfillment.

Career Planning

Learn parenting strategies aimed at boosting your kids' foundational mental fitness.

Parenting

Coachee Testimonial:

Rosie has been instrumental in providing insight into the dynamics of the structures and relationships around me in the corporate world. This program has helped me become aware of some of the invisible challenges of self-sabotage that may challenge people, especially racialized people, in the workplace. Rosie created an inviting and non-judgmental space for sharing failures and growth and building positive momentum. What a great model for the workplace! I highly recommend this program for anyone who is working in a team setting to be better equipped for conflict, self-awareness and facilitating team empowerment.

- V., an East Asian Canadian woman

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Professional Benefits

How will your growth benefit your employer?

https://www.positiveintelligence.com/program/

Shift from conflict to win/win solutions even in the most challenging situations

Conflict Management

Discover how you sabotage creativity in yourself and others. Learn how to access and activate the deep wisdom of the sage.

Creativity

Develop 17 of 18 EQ competencies

Emotional Intelligence

Challenge outmoded assumptions about how to lead and learn how to bring out the best Sage qualities in yourself and others.

Leadership

Learn how your specific Saboteurs sabotage your performance and optimize productivity through Sage powers.

Performance

And develop your team building skills through:

Earned Trust

Healthy Conflict

Mutual Accountability

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What to Expect

1 January 9, 2023 - Your Journey Starts

Meet your fellow Pod (small group) members and get to know the women you'll be journeying with for the next 4 months.

You'll already have access to the PQ App to read the book, check out the Gym, and watch your first learning video on January 14.

2 Weeks of January 16 to February 27, 2023 - Brain Bootcamp

We meet weekly for an intensive "Brain Bootcamp" where you'll build a foundation of mental fitness. Learn the neuroscience behind the 3 critical mental muscles you'll use to shift from your inner Saboteurs (your negative self) to your inner Sage (your positive self).
We integrate this foundation with the cultural and social reality you experience so you can live and work with more resilience and peace.

3 March 6 to April 17, 2023 - Find Your Freedom

Keep the momentum going with four group training sessions custom designed by Rosie to liberate your: 1) Money Mindset 2) Time Management 3) Leadership Skills and 4) Self-Worth. PLUS: enjoy a private coaching session with Rosie and 10 months of PQ Grow!

4 Weekly Schedule and Time Commitments:

- Weekends: watch 1 hour video lesson on that week's PQ focus
- Mondays 12:00 - 1:00 pm EDT: meet on Zoom for group coaching
- Tuesdays to Fridays: 15 min daily practice via Coach Challenges (spread out in 3 min increments for PQ "Reps" and end-of-day reflection)
- Anytime: Read / listen to "Positive Intelligence" book
- Post-bootcamp: bi-weekly 1.5 hour group coaching

Everything except group coaching can be done on your own time.

All coaching is provided virtually through Zoom.
To protect confidentiality, group coaching is not recorded.

Group Schedule:

Weekly group sessions:

12:00 - 1:00 pm (Eastern Daylight/Savings Time):

- Mondays January 9, 16, 23, 30, February 6, 13
- Tuesday February 21 (change due to Canadian holiday on February 20)
- Monday February 27

Bi-weekly group training:

12:00 - 1:30 pm (Eastern Daylight/Savings Time):

- Tuesdays March 7, 21, April 4, 18

Please note:

To protect confidentiality, group coaching sessions will NOT be recorded for replay. Group members should plan to attend every session live.

QUESTIONS?

EMAIL:

INFO@CHANGINGLENSES.CA

OR:

Book a free call >

Payment Options

With Free to Be, you'll get:

- 2 months of Brain Bootcamp and culturally relevant group coaching
- 2 months of group training to lead and live in a more healthy fulfilling way
- A full year's access to the PQ App, including 10 months of PQ Grow
- A private personalized coaching session with Rosie
- A curated community of only Asian women
- A dedicated trauma-informed coach with lived experience as a racialized immigrant woman and 20 years of professional career knowledge

All for a flat fee of only $2,997 USD or $3,997 CAD*!

AND you're protected by our **money-back guarantee**!

Two payment plans are available:

Three monthly payments of:
$1,047 USD
or
$1,397 CAD*
+ tax, per person

OR

Pay in full and save!
$2,997 USD
or
$3,997 CAD*
+ tax, per person

Instalment payments are due at the beginning of the first 3 months of the Mastermind.

*For this cohort only, Canadian residents receive a discounted conversion rate with no transaction fees!

Join now: 3x $1,047 USD >

Join now: $2,997 USD >

Join now: 3x $1,397 CAD >

Join now: $3,997 CAD >

How to Enroll:

It's fast and easy! Simply choose your payment option in USD or CAD and follow the prompts. **The last day to enroll is January 5, 2023.**

Remember, space is limited to the first 5 paid registrants, so don't delay! Enrollment will be accepted on a first-come-first-served basis. A waitlist for future cohorts is available. Your spot is not confirmed until payment is received.

Don't delay, click below to pay and secure your spot today!

3 pays of $1,047 USD >

Full pay $2,997 USD >

3 pays of $1,397 CAD >

Full pay $3,997 CAD >

Payment is due at time of enrollment. Instalment payments are due at the beginning of the first 3 months of the Mastermind. Applicable sales taxes will be processed at checkout. By processing this payment, you are indicating your understanding and agreement to each of the Free to Be terms and conditions.

GOT QUESTIONS?

Book a free call >

OR EMAIL: INFO@CHANGINGLENSES.CA

Changing Lenses

Change Your Lens. Free Your Mind. Transform Your Life.

www.changinglenses.ca/freetobe