



## **Strategic Life Plan**

The Strategic Life Plan (SLP) is a two-day, one-on-one intensive immersion process to help individuals move forward in life with a greater sense of purpose, clarity and inspiration. It is usually offered in-person in a retreat setting, but can be modified to online delivery if a safe, private space for the participant can be ensured.

**With the help of the EQIQ coach, participants will begin by completing a major life event inventory.**

It is well established that major life events imprint either positive or negative emotional memories. Positive memories can be harnessed to face challenges and build on strengths. Negative memories that often trigger unconscious, unhelpful responses will be examined and techniques for rewiring patterns of behavior that no longer serve will be introduced.

**Next, participants review five major domains of life: Personal, Vocational, Family, Community and Spiritual.**

For each, they will examine five major domains of life: Personal, Vocational, Family, Community and Spiritual. For each, they will analyze current reality: what is working, not working, missing or confusing? From there, they will clarify the overall goal or expectation for each life domain, and finally, will craft simple action steps and outcome measures. For this, participants can draw upon skills and tools they are already familiar with, as well as new ones introduced by the EQIQ coach.

**EQIQ coaches will offer follow-up at one and three months, and Strategic Life Plan participants can also add on a more intensive, extended Life Coaching Plan.**

While this program is often made as a personal investment, individuals who do so will invariably find a positive effect on their career path and how they show up at work, even as the experience of all life domains can flourish.

**Have more questions?**

**We welcome you to contact us: 336-866-EQIQ (3747)**