



Facilitate Your Success Using The FLIP Approach

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To achieve success, it's important to figure out what you are working towards and why it matters.

Every successful transformation, whether personal, professional or in-between, requires a practical approach to making it happen, as well as an authentic awareness of why it matters, a clear vision of what success looks and feels like, and a strong support system to help you get there.

In order to facilitate meaningful action for lasting impact, I created the 4-step FLIP Approach.

Why FLIP? After spending well over 10,000 hours upside down training to be an Olympic gymnast, and successfully navigating a career as an edupreneur, speaker, facilitator and author, I've learned a lot about turning ideas - and actions - upside down in order to propel ideas forward and achieve success.

Who Benefits from The FLIP? Ideally suited for kids (ages 10 and up), youth and adults, this program is for anyone who wants to turn their individual and collective ideas upside down to achieve success.

Using Jessica's unique FLIP Approach, you will clearly see what you are working towards and why, as well as determine the steps required to achieve what is meaningful to you. How it works:

F = FIRST: First, there must be passion. When we inherently like what we are doing, we often succeed.

The key question here is, "What fuels my optimism, energy and ability to move forward?"

L = LAST: Think about your end goal, the result you desire after action has taken place.

The key question here is, "What does success, on my terms, look and feel like?"

I = IN-BETWEEN: In between is where the hard work comes in. No way around this step.

The key question here is, "How can I work efficiently, authentically and "smart" to find success?"

P = PLUS: Plus refers to the formal & informal support everyone needs to achieve success.

The key question here is, "Who can I trust to help me reach my goals and find success?"

The FLIP Approach

Find your passion, envision your success, commit to hard work & seek support.

For inquiries regarding speaking, keynotes, workshop facilitation and/or coaching, please contact:

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