

OVERCOME CONTINUOUS COACHING PROGRAM

FORWARD

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“HOLISTIC APPROACH TO
EMPOWER YOUR MIND, BODY
AND SPIRIT AND GAIN CONTROL
OF YOUR LIFE.”

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ABOUT THE PROGRAM

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ABOUT THE PROGRAM

OVERCOME IS AN INTEGRATED CONTINUOUS COACHING PROGRAM.

CONNECT AND ENGAGE WITH LIKE-MINDED PEOPLE TO ACHIEVE YOUR LIFE AND CAREER GOALS

DURATION:

One Calendar Year (from start Date)

START DATE:

The program starts on the 4th of October, 2018 and ends on October 2019.

ELIGIBILITY:

Program is eligible for both genders of age 16 and older.

HOW MANY PARTICIPANTS?

To ensure an engaging environment, the program has only 50 membership slots available.

REGISTRATION PERIOD

Registration for the program will commence on the 1st of September, 2018 until the 30th of September, 2018. (5 days before the program start date)

COMMITTMENT

Commitment is compulsory in order to gain the most from this coaching program. It is kept to a minimum of one day per month only, during which we hold the Seminar and Workshop where the topic of the month will be delivered.

Other activities include the weekly Think Forward Gathering and the Outdoor Activities, which are both optional, yet highly recommended.

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7 REASONS TO JOIN THE PROGRAM

**A HOLISTIC APPROACH TO EMPOWER
YOUR MIND, BODY AND SPIRIT AND GAIN
CONTROL OF YOUR LIFE.**

BY JOINING US, YOU WILL:

Adopt tools that assist in Overcoming life and career Challenges.

Aspire to Reach peak physical and mental performance.

Attain skills to become a better Leader and learn to manage, lead, and inspire yourself and others.

Benefit both your professional and personal lives by integrating them into yourself.

Strengthen your mental and physical well-being.

Be part of a positive community, connect and engage with like minded people.

Grow and learn from other members, coaches, and experts.

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TOOLS

THE 9 TOOLS OF THE PROGRAM.

HOW THE INTEGRATED COACHING EXPERIENCE IS DELIVERED

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#	TOOLS
1	COMMUNITY ENGAGEMENT VIA FORWARD ONLINE COACHING PLATFORM
2	SEMINARS
3	WORKSHOPS
4	GUEST SPEAKERS (EXPERTS)
5	THINK FORWARD COMMUNITY GATHERINGS
6	OUTDOOR ACTIVITIES
7	READING AND WRITING
8	VIEWING AND ANALYSIS OF MOVIES
9	1-ON-1 COACHING

! DETAILED INFORMATION ABOUT EACH TOOL IS AVAILABLE IN THE 'TOOLS' SECTION OF THIS DOCUMENT.

TOPICS

SCHEDULE AND
TOPICS BY MONTH

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MONTH #	COACHING TOPIC
MONTH 1	OVERCOMING CHALLENGES AND GOAL SETTING
MONTH 2	CHANGE MANAGEMENT, SURROUNDINGS, AND ENVIRONMENT
MONTH 3	CONSISTENCY, PLANNING, MENTAL TOUGHNESS AND TIME MANAGEMENT
MONTH 4	LEADERSHIP EXCELLENCE FOR LIFE AND CAREER
MONTH 5	TEAMWORK REDEFINED
MONTH 6	CREATIVE THINKING AND CREATIVE ACTION
MONTH 7	PURPOSE, VISION, AND FOCUS
MONTH 8	CHARACTER AND CONFIDENCE BUILDING
MONTH 9	COMMUNICATION EXCELLENCE
MONTH 10	PUBLIC SPEAKING MASTERY
MONTH 11	DISCOVER YOUR IDEA AND DEFINE YOUR PURPOSE
MONTH 12	SUBLIME, GREATNESS, MASTERY, AND SELF-ACTUALISATION

! DETAILED INFORMATION ABOUT EACH MONTH'S TOPIC IS AVAILABLE IN THE 'TOPICS' SECTIONS OF THIS DOCUMENT

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OUR COACHES AND EXPERTS

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COACHES AND EXPERTS

WHO ARE THEY?

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THE PROGRAM'S *HEAD COACHES* ALONG WITH 12 *EXPERTS* WILL DELIVER THE INTEGRATED COACHING EXPERIENCE UTILIZING THE DIFFERENT TOOLS.

HEAD COACHES

HEAD COACHES are responsible for guiding and mentoring participants throughout the 12 month experience.

—Head Coaches are Yousef AlQanai and Bader AlFailakawi. more about them on the next page.

EXPERTS

EXPERTS are Guest Speakers at the seminar. A total of 12 Experts (1 at every seminar) will be involved in the program.

Their contribution will be specific to a subject of their expertise during the monthly seminar related to the month's topic. Head coaches will then facilitate the continuous learning outcome of these subjects through-out the month.

—Experts selected to deliver their topics will be announced 1 month prior to each seminar

HEAD COACHES

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Y O U S E F ALQANAI

Speaker & Writer in Overcoming Challenges and Personal Development. Specialist in Corporate Social Responsibility concepts creation and execution.

Founder of Forward Sports Events Company and other businesses.

Athletically; completed four 240 KM Ultra Marathons including the 240 km Marathon Des Sables in the Moroccan Sahara desert.

Know more about Yousef:
ThinkForward.blog/Yousef

B A D E R ALFAILAKAWI

Speaker in Personal Development. Specialist in Community Management. Co-founder of Forward Sports Events.

Trained under Tony Robbins in Business Mastery Training Program in the United States of America.

Athletically; overcame obesity after taking part in the 240 km Ultra Run from Kuwait's Northern to its Southern border.

Know more about Bader:
ThinkForward.blog/Bader

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THE 9 TOOLS OF THE PROGRAM

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TOOLS

TOOLS OF THE PROGRAM AND
HOW WE WILL DELIVER THE
INTEGRATED COACHING
EXPERIENCE

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#	TOOLS	DESCRIPTION
1	COMMUNITY ENGAGEMENT VIA FORWARD ONLINE COACHING PLATFORM	Online platform to share coaching material, publish updates and facilitate communication between members and coaches.
2	SEMINARS	Main event of the month. Engaging lecture by Coaches and Experts on the specific topic of the month.
3	WORKSHOPS	Facilitating engagement via practical workshops better understand the practical side of the topic of the seminar — <i>Held same day as the seminar.</i>
4	GUEST SPEAKERS (EXPERTS)	Inviting speakers to the Seminar to share their expertise on the selected topic.
5	THINK FORWARD COMMUNITY GATHERINGS	Community gathering to facilitate creative thinking, goals and vision refining, and personal growth
6	OUTDOOR ACTIVITIES	Weekly sports and fitness group activities for members encouraging team building and self development.
7	READING AND WRITING WORK	<ul style="list-style-type: none"> • Reading a recommended book every month and discussing the learning outcome at the Think Forward Gathering. • Writing essays/ articles to refine personal goals and vision.
8	VIEWING AND ANALYSIS OF MOVIES	Watching a recommended movie to gain feedback on learning outcome and elaborate on the practical application through story telling. — <i>Each recommended movie will be in context with the month's topic.</i>
9	1-ON-1 COACHING	1 on 1 coaching through out the whole period of the program (1 year). Sessions can be in the form of Meetings and/or Phone Calls with one of the Head coaches

TOOL #1 —COMMUNITY ENGAGEMENT VIA FORWARD ONLINE COACHING PLATFORM

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ENGAGING WITH LIKE-MINDED PEOPLE AND ACHIEVING PERSONAL SUCCESS TOGETHER IS ESSENTIAL TO THE SUCCESS OF A GOAL- DRIVEN COACHING PROGRAM.

The program's online platform is custom made towards its members. It is the main tool of engagement, communication, and sharing of coaching material.

—Access to the platform is through a unique username and password for each member. (To be provided during the first seminar of the program).

Platform benefits:

- Downloading all coaching material after each seminar.
- Posting assignments and tasks.
- Communication between members and coaches.
- Monitoring progress and sharing experience between the members.

The screenshots illustrate the Forward Coaching platform's user interface. The top dashboard shows navigation tabs for CLIENTS, PACKAGES, MODULES, FORUMS, and REPORTS. A sidebar lists 'Live Modules' (Overcoming Challenges Phase 1) and 'Draft Modules' (Action Plans, About You, About Your Business, About Your Coaching, Where Are You Now?). A forum post titled 'First Step to Overcoming Challenges' is shown, with a message from Yousef AlQenai. A table of packages is displayed, including 'Overcoming Challenges | Phase 1' and 'Weight Loss Journey | Phase 1'.

Title	Price	Clients	Actions
> Overcoming Challenges Phase 1	\$USD0.00	1	[Icons for user, edit, share, search, and other actions]
> Weight Loss Journey Phase 1	£GBP0.00	1	[Icons for user, edit, share, search, and other actions]

TOOL #2 — SEMINARS

TOOL #3 — WORKSHOPS

TOOL #4 — GUEST SPEAKERS

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TOOL #2 —SEMINARS

Seminars are on stage performances and are the program's main tool. They are held once a month by Head Coaches and selected Expert (Guest Speaker) to deliver the topic of the month.

Frequency: Once a month

Duration: 1.5 hours

Location: TBA

TOOL #3 —WORKSHOPS

Workshops are held on the same day as the seminar.

Participants will be placed in groups depending on their objectives. They will engage in different types of activities to put the seminar's outcome into practice.

Duration: 1.5 hours
Location: Same location as the Seminar

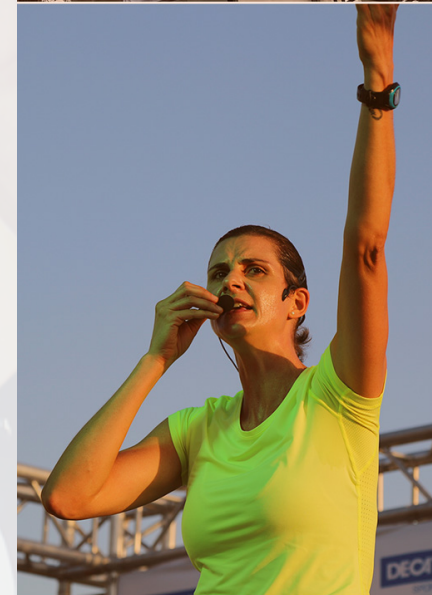
TOOL #4 —GUEST SPEAKERS (EXPERTS)

Guest Speakers (referred to as EXPERTS in the program) are part of the seminar. Each month a different expert will be invited to deliver a keynote about his/her expertise related to the topic of the month.

Frequency: Once a month

Duration: 45mins-1hr

Location: Same location as the Seminar



TOOL #5 —THINK FORWARD GATHERINGS

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GATHERINGS ARE WHERE ENGAGEMENT AND INSPIRATION HAPPEN.

THE GATHERINGS ARE DESIGNED FOR MEMBERS TO SHARE IDEAS, PROGRESS, AND ACHIEVEMENTS WITH OTHER MEMBERS AND RECEIVE THE SUPPORT THEY REQUIRE TO CONTINUE THEIR PROGRESS

“COLLECTIVE KNOWLEDGE AND ENGAGEMENT LEADS TO SELF MASTERY.”

Think Forward gatherings is the platform for creative thinking and empowering participants to achieve their goals.

What is on the agenda?

— *How will the gathering go? — What is the process and rhythm of the gathering?*

- Goal identification and vision refining.
- Sharing achievements of each participant.
- Engaging and learning amongst participants.
- Discussing challenges and overcoming them.
- Book review, discussion of learning outcomes and applications.

Frequency: Once a week

Attendance: Optional (*but highly recommended*)

Duration: 1.5 hrs

Location: TBA



TOOL #6 —OUTDOOR ACTIVITIES

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GET MENTALLY AND PHYSICALLY STRONGER WITH WEEKLY SPORTS, FITNESS, AND WELLNESS ACTIVITIES

Sports, fitness, and wellness activities scheduled weekly for members (only).

What kind of activities?

— Activities will be a mix of 1 or more of the following:

- Walking.
- Running.
- Fitness bootcamp.
- Meditation and Yoga.
- Body weight workouts.
- Beach fitness workouts.
- Body movements and stretching.

Frequency: Once a week

Attendance: Optional (*but highly recommended*)

Duration: 45 mins

Location: Different location every time



TOOL #7 — READING AND WRITING WORK

TOOL #8 — VIEWING AND MOVIE ANALYSIS

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READING AND WRITING ARE THE BUILDING BRICKS OF CHARACTER AND CONFIDENCE THAT WIDEN PERSPECTIVES AND INCREASE KNOWLEDGE.

Both reading and writing are essential for growth in the journey of self development and peak performance attainment. Hence they are an integral component of the program.

Which category of books are read and what will the writings be about?

- Leadership.
- Philosophy.
- Positive Thinking.
- Business Planning.
- Personal Development.

VIEWING AND MOVIE ANALYSIS: Movies will be recommended for viewing and analysis of the learning outcome.

— *Movies will be selected in context with the topic of the month.*

Frequency: One book / movie per month
Completion: Optional (*but highly recommended*)

- **Duration:** Open
- **Location:** TBA



TOOL #9

—1-ON-1 COACHING

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1-ON-1 COACHING PROVIDES GUIDANCE AND A STEP BY STEP PROCESS TO REACH PEAK PERFORMANCE

Members can stay in touch with their Head Coaches at any time via any of the following communication channels during the one year (12 months) program:

- **Meeting:** scheduling meeting with one of the Head Coaches to discuss personal goals and vision. *(Meeting length: up to 1.5 hrs)*
- **Phone:** call the Head Coach and discuss matters when needed
- **Email:** write to the Head Coach and get insights on their progress

Frequency: Upon demand

Usage: Activating the 1-on-1 coaching session is optional *(but highly recommended)*



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SCHEDULE AND TOPICS

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TOPICS

SCHEDULE AND
TOPICS BY MONTH

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MONTH #	COACHING TOPIC
MONTH 1	OVERCOMING CHALLENGES AND GOAL SETTING
MONTH 2	CHANGE MANAGEMENT, SURROUNDINGS, AND ENVIRONMENT
MONTH 3	CONSISTENCY, PLANNING, MENTAL TOUGHNESS AND TIME MANAGEMENT
MONTH 4	LEADERSHIP EXCELLENCE FOR LIFE AND CAREER
MONTH 5	TEAMWORK REDEFINED
MONTH 6	CREATIVE THINKING AND CREATIVE ACTION
MONTH 7	PURPOSE, VISION, AND FOCUS
MONTH 8	CHARACTER AND CONFIDENCE BUILDING
MONTH 9	COMMUNICATION EXCELLENCE
MONTH 10	PUBLIC SPEAKING MASTERY
MONTH 11	DISCOVER YOUR IDEA AND DEFINE YOUR PURPOSE
MONTH 12	SUBLIME, GREATNESS, MASTERY, AND SELF-ACTUALISATION

ONE MONTH SAMPLE

AN EXAMPLE OF HOW THE SCHEDULE OF THE FIRST MONTH LOOKS LIKE

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6TH OF OCTOBER	7	8	9	10	11	12
SAT	SUN	MON	TUE	WED	THU	FRI
SEMINAR #1: OVERCOMING CHALLENGES (SEMINAR+ WORKSHOPS+GUEST SPEAKER)			THINK FORWARD GATHERING #1			
13	14	15	16	17	18	19
OUTDOOR ACTIVITY: FITNESS BOOTCAMP AND MEDITATION			THINK FORWARD GATHERING #2			
20	21	22	23	24	25	26
OUTDOOR ACTIVITY: RUNNING AND YOGA			THINK FORWARD GATHERING #3			
27	28	29	30	31	1ST OF NOV	2
OUTDOOR ACTIVITY: WALK AND TALK			THINK FORWARD GATHERING #4			
3	4	5				

ONGOING TOOLS ALL MONTH

COMMUNITY
ENGAGEMENT VIA
FORWARD ONLINE
COACHING PLATFORM

READING AND
WRITING WORK

VIEWING AND MOVIE
ANALYSIS

1-ON-1 COACHING VIA
MEETING, PHONE, OR
EMAIL

MONTH 1:


—TOPIC: OVERCOMING CHALLENGES AND GOAL SETTING

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TOOL	SEMINAR	WORKSHOP	THINK FORWARD GATHERINGS	OUTDOOR ACTIVITIES
FREQUENCY	1 PER MONTH SEMINAR AND WORKSHOP WILL BE ON THE SAME DAY		4 SESSIONS (1 PER WEEK)	4 SESSIONS (1 PER WEEK)
DURATION	2 HOURS	1 HOUR	1.5 HOURS	1 HOUR
DESCRIPTION	<p>SEMINAR SUB-TOPICS:</p> <ul style="list-style-type: none"> • Intro to program. • Anatomy of a challenge. • Story telling: historical stories and modern history. • Overcoming Challenges: tools and application. • How to overcome challenges in life and in career. • Identifying and setting goals. • Differentiating between Personal Goals and Career Goals and the fundamental link between the two. <p>EXPERT (GUEST SPEAKER) — TBA* Speaker's Topic: Overcoming Challenges and Goal Setting <i>TBA: To Be Announced*</i></p>	<p>WORKSHOP ACTIVITIES:</p> <ul style="list-style-type: none"> • Identifying personal challenges of each member. • Group selection. • Networking. • Activity on Overcoming Challenges. 	<p>THINK FORWARD GATHERING ACTIVITIES:</p> <ul style="list-style-type: none"> • Sharing personal challenges. • Book review and learning outcomes • Refining of life and career goals. • Engaging and learning from one another amongst group. 	<p>OUTDOOR ACTIVITIES: —Activities will be a mix of 1 or more of the following:</p> <ul style="list-style-type: none"> • Fitness Activities. • Running Workout. • Walking exercise. • Body-Weight Workouts. • Beach Fitness Workouts. • Yoga and Meditation.


SUB-TOPICS AND ACTIVITIES ARE SUBJECT TO MINOR ADJUSTMENTS.

ONGOING TOOLS ALL MONTH

 **COMMUNITY ENGAGEMENT VIA FORWARD ONLINE COACHING PLATFORM**

 **READING AND WRITING WORK**

 **MOVIE ANALYSIS**

 **1-ON-1 COACHING VIA MEETING, PHONE, OR EMAIL**

MONTH 2:

—TOPIC: CHANGE MANAGEMENT, SURROUNDINGS, AND ENVIRONMENT

TOOL	SEMINAR	WORKSHOP	THINK FORWARD GATHERINGS	OUTDOOR ACTIVITIES
FREQUENCY	1 PER MONTH SEMINAR AND WORKSHOP WILL BE ON THE SAME DAY		4 SESSIONS (1 PER WEEK)	4 SESSIONS (1 PER WEEK)
DURATION	2 HOURS	1 HOUR	1.5 HOURS	1 HOUR
DESCRIPTION	<p>SEMINAR SUB-TOPICS:</p> <ul style="list-style-type: none"> • Change anatomy: Identifying our surroundings, how they affect us and how to avoid conflict and set a plan of action to eliminate apparent obstacles. • Our surrounding environment is comprised of our family and friends, colleagues, managers, even strangers. • Setting a plan of action to overcome unexpected obstacles. <p>EXPERT (GUEST SPEAKER) — TBA*</p> <p>Speaker's Topic: Change Management. TBA: To Be Announced*</p>	<p>WORKSHOP ACTIVITIES:</p> <ul style="list-style-type: none"> • Groups selection • Networking • Identifying challenges, both existing and new, after 1 month of progress. • Action plan for Change management. • Identifying individual surroundings and environment. • Individual challenge progress update. 	<p>THINK FORWARD GATHERING ACTIVITIES:</p> <ul style="list-style-type: none"> • Sharing personal challenges. • Book review and learning outcomes. • Review of the topic of the month and learning outcomes by members. • Goal refining. • Engaging and learning from one another amongst group. 	<p>OUTDOOR ACTIVITIES:</p> <p>—Activities will be a mix of 1 or more of the following:</p> <ul style="list-style-type: none"> • Fitness Activities. • Running Workout. • Walking exercise. • Body-Weight Workouts. • Beach Fitness Workouts. • Yoga and Meditation.

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ONGOING TOOLS ALL MONTH

COMMUNITY
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READING AND
WRITING WORK

MOVIE ANALYSIS

1-ON-1 COACHING VIA
MEETING, PHONE, OR
EMAIL

MONTH 3:

—TOPIC: MENTAL TOUGHNESS, CONSISTENCY, PLANNING, AND TIME MANAGEMENT

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TOOL	SEMINAR	WORKSHOP	THINK FORWARD GATHERINGS	OUTDOOR ACTIVITIES
FREQUENCY	1 PER MONTH SEMINAR AND WORKSHOP WILL BE ON THE SAME DAY		4 SESSIONS (1 PER WEEK)	4 SESSIONS (1 PER WEEK)
DURATION	2 HOURS	1 HOUR	1.5 HOURS	1 HOUR
DESCRIPTION	<p>SEMINAR SUB-TOPICS:</p> <ul style="list-style-type: none"> • Time Management advanced tools, softwares and applications (<i>No More Excuses</i>). • Consistency, ensuring the continuous pursuit of goals. • Adopting a powerful, tough mentality in life and career. <p>EXPERT (GUEST SPEAKER) — TBA* Speaker's Topic: Mental Toughness and Time Management. <i>TBA: To Be Announced*</i></p>	<p>WORKSHOP ACTIVITIES:</p> <ul style="list-style-type: none"> • Groups selection . • Networking. • Identifying challenges after 2 months of progress. • Action plan for Planning and Time Management. • Action Plan for developing Mental Toughness and Fortitude. • Individual challenge progress update. 	<p>THINK FORWARD GATHERING ACTIVITIES:</p> <ul style="list-style-type: none"> • Sharing personal challenges. • Book review and learning outcomes • Review of the topic of the month and learning outcomes by members. • Refining of life and career goals. • Engaging and learning from one another amongst group. 	<p>OUTDOOR ACTIVITIES: <i>—Activities will be a mix of 1 or more of the following:</i></p> <ul style="list-style-type: none"> • Fitness Activities. • Running Workout. • Walking exercise. • Body-Weight Workouts. • Beach Fitness Workouts. • Yoga and Meditation.

SUB-TOPICS AND ACTIVITIES ARE SUBJECT TO MINOR ADJUSTMENTS.

ONGOING TOOLS ALL MONTH

COMMUNITY
ENGAGEMENT VIA
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READING AND
WRITING WORK

MOVIE ANALYSIS

1-ON-1 COACHING VIA
MEETING, PHONE, OR
EMAIL

MONTH 4: —TOPIC: LEADERSHIP FOR EXCELLENCE IN LIFE AND CAREER

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TOOL	SEMINAR	WORKSHOP	THINK FORWARD GATHERINGS	OUTDOOR ACTIVITIES
FREQUENCY	1 PER MONTH SEMINAR AND WORKSHOP WILL BE ON THE SAME DAY		4 SESSIONS (1 PER WEEK)	4 SESSIONS (1 PER WEEK)
DURATION	2 HOURS	1 HOUR	1.5 HOURS	1 HOUR
DESCRIPTION	<p>SEMINAR SUB-TOPICS:</p> <ul style="list-style-type: none"> • Leadership re-defined. • The different concepts of Leadership by International Authors, and identifying common factors between them. • Self Leadership and Mastery. • Influencing others by example. • Leadership in life and career. <p>EXPERT (GUEST SPEAKER) — TBA*</p> <p>Speaker's Topic: Leadership re-define TBA: To Be Announced*</p>	<p>WORKSHOP ACTIVITIES:</p> <ul style="list-style-type: none"> • Groups selection. • Networking. • Identifying challenges after 3 months of progress. • Leadership case studies and practical applications. • Action plan for becoming a better / stronger leader in life and career. • Individual challenge progress update. 	<p>THINK FORWARD GATHERING ACTIVITIES:</p> <ul style="list-style-type: none"> • Sharing personal challenges. • Book review and learning outcomes • Review of the topic of the month and learning outcomes by members. • Refining of life and career goals. • Engaging and learning from one another amongst group. 	<p>OUTDOOR ACTIVITIES:</p> <p>—Activities will be a mix of 1 or more of the following:</p> <ul style="list-style-type: none"> • Fitness Activities. • Running Workout. • Walking exercise. • Body-Weight Workouts. • Beach Fitness Workouts. • Yoga and Meditation.

SUB-TOPICS AND ACTIVITIES ARE SUBJECT TO MINOR ADJUSTMENTS.

ONGOING TOOLS ALL MONTH

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READING AND
WRITING WORK

MOVIE ANALYSIS


1-ON-1 COACHING VIA
MEETING, PHONE, OR
EMAIL

MONTH 5: —TOPIC: TEAMWORK RE-DEFINE

TOOL	SEMINAR	WORKSHOP	THINK FORWARD GATHERINGS	OUTDOOR ACTIVITIES
FREQUENCY	1 PER MONTH SEMINAR AND WORKSHOP WILL BE ON THE SAME DAY		4 SESSIONS (1 PER WEEK)	4 SESSIONS (1 PER WEEK)
DURATION	2 HOURS	1 HOUR	1.5 HOURS	1 HOUR
DESCRIPTION	<p>SEMINAR SUB-TOPICS:</p> <ul style="list-style-type: none"> • Teamwork re-defined. • Teamwork excellence for optimal performance in personal and professional life. • Unity is more powerful than Lonesomeness. <p>EXPERT (GUEST SPEAKER) — TBA* Speaker's Topic: Teamwork Excellence <i>TBA: To Be Announced*</i></p>	<p>WORKSHOP ACTIVITIES:</p> <ul style="list-style-type: none"> • Groups selection. • Networking. • Identifying challenges after 4 months of progress. • Teamwork Activities • Teamwork case studies and practical applications. • Action plan for becoming a better team player. • Individual challenge progress update. 	<p>THINK FORWARD GATHERING ACTIVITIES:</p> <ul style="list-style-type: none"> • Sharing personal challenges. • Book review and learning outcomes • Review of the topic of the month and learning outcomes by members. • Refining of life and career goals. • Engaging and learning from one another amongst group. 	<p>OUTDOOR ACTIVITIES: <i>—Activities will be a mix of 1 or more of the following:</i></p> <ul style="list-style-type: none"> • Fitness Activities. • Running Workout. • Walking exercise. • Body-Weight Workouts. • Beach Fitness Workouts. • Yoga and Meditation.


SUB-TOPICS AND ACTIVITIES ARE SUBJECT TO MINOR ADJUSTMENTS.

ONGOING TOOLS ALL MONTH

 COMMUNITY
ENGAGEMENT VIA
FORWARD ONLINE
COACHING PLATFORM

 READING AND
WRITING WORK

 MOVIE ANALYSIS


 1-ON-1 COACHING VIA
MEETING, PHONE, OR
EMAIL

MONTH 6: —TOPIC: CREATIVE THINKING AND ACTION

TOOL	SEMINAR	WORKSHOP	THINK FORWARD GATHERINGS	OUTDOOR ACTIVITIES
FREQUENCY	1 PER MONTH SEMINAR AND WORKSHOP WILL BE ON THE SAME DAY		4 SESSIONS (1 PER WEEK)	4 SESSIONS (1 PER WEEK)
DURATION	2 HOURS	1 HOUR	1.5 HOURS	1 HOUR
DESCRIPTION	<p>SEMINAR SUB-TOPICS:</p> <ul style="list-style-type: none"> • Creativity re-defined. • The essence of Creative Thinking. • How Creativity is linked to Greatness. • How Creativity shaped our World (Sharing historical stories, case studies and current events). • Adopting a Creative mind-set and application in personal and professional life. <p>EXPERT (GUEST SPEAKER) — TBA* Speaker's Topic: Creative Thinking and Application <i>TBA: To Be Announced*</i></p>	<p>WORKSHOP ACTIVITIES:</p> <ul style="list-style-type: none"> • Groups selection. • Networking. • Identifying challenges after 5 months of progress. • How to adopt a Creative Mind-set and apply it in daily tasks. • Action plan for Creative Thinking. • Individual challenge progress update. 	<p>THINK FORWARD GATHERING ACTIVITIES:</p> <ul style="list-style-type: none"> • Sharing personal challenges. • Book review and learning outcomes • Review of the topic of the month and learning outcomes by members. • Refining of life and career goals. • Engaging and learning from one another amongst group. 	<p>OUTDOOR ACTIVITIES: <i>—Activities will be a mix of 1 or more of the following:</i></p> <ul style="list-style-type: none"> • Fitness Activities. • Running Workout. • Walking exercise. • Body-Weight Workouts. • Beach Fitness Workouts. • Yoga and Meditation.


SUB-TOPICS AND ACTIVITIES ARE SUBJECT TO MINOR ADJUSTMENTS.

ONGOING TOOLS ALL MONTH

 **COMMUNITY
ENGAGEMENT VIA
FORWARD ONLINE
COACHING PLATFORM**

 **READING AND
WRITING WORK**

 **MOVIE ANALYSIS**

 **1-ON-1 COACHING VIA
MEETING, PHONE, OR
EMAIL**


MONTH 7:


—TOPIC: PURPOSE, VISION, AND FOCUS

TOOL	SEMINAR	WORKSHOP	THINK FORWARD GATHERINGS	OUTDOOR ACTIVITIES
FREQUENCY	1 PER MONTH SEMINAR AND WORKSHOP WILL BE ON THE SAME DAY		4 SESSIONS (1 PER WEEK)	4 SESSIONS (1 PER WEEK)
DURATION	2 HOURS	1 HOUR	1.5 HOURS	1 HOUR
DESCRIPTION	<p>SEMINAR SUB-TOPICS:</p> <ul style="list-style-type: none"> • Lead a purpose driven life. • Learn how to Focus. • How purpose is the definition of our character. • Create your vision and identify your purpose. • Understanding the ‘Why’ factor. “Why are we here”. • Philosophical views on the concept of Purpose and Vision. • Clairvoyance - the ability to see before acting. • Understanding the ‘Law of attraction’. • Authentic Spirituality Vs Commercial Spirituality. <p>EXPERT (GUEST SPEAKER) — TBA*</p> <p>Speaker’s Topic: Lead a purpose driven life TBA: To Be Announced*</p>	<p>WORKSHOP ACTIVITIES:</p> <ul style="list-style-type: none"> • Groups selection. • Networking. • Identifying challenges after 6 months of progress. • Harness your purpose and identify your personal ‘why’. • Action plan for staying focused on your purpose and vision. • Focus tools by <i>Daniel Goleman</i>. • Individual challenge progress update. 	<p>THINK FORWARD GATHERING ACTIVITIES:</p> <ul style="list-style-type: none"> • Sharing personal challenges. • Book review and learning outcomes • Review of the topic of the month and learning outcomes by members. • Refining of life and career goals. • Engaging and learning from one another amongst group. 	<p>OUTDOOR ACTIVITIES: —Activities will be a mix of 1 or more of the following:</p> <ul style="list-style-type: none"> • Fitness Activities. • Running Workout. • Walking exercise. • Body-Weight Workouts. • Beach Fitness Workouts. • Yoga and Meditation.


SUB-TOPICS AND ACTIVITIES ARE SUBJECT TO MINOR ADJUSTMENTS.

ONGOING TOOLS ALL MONTH

 **COMMUNITY ENGAGEMENT VIA FORWARD ONLINE COACHING PLATFORM**

 **READING AND WRITING WORK**

 **MOVIE ANALYSIS**

 **1-ON-1 COACHING VIA MEETING, PHONE, OR EMAIL**

MONTH 8:

—TOPIC: CHARACTER AND CONFIDENCE

TOOL	SEMINAR	WORKSHOP	THINK FORWARD GATHERINGS	OUTDOOR ACTIVITIES
FREQUENCY	1 PER MONTH SEMINAR AND WORKSHOP WILL BE ON THE SAME DAY		4 SESSIONS (1 PER WEEK)	4 SESSIONS (1 PER WEEK)
DURATION	2 HOURS	1 HOUR	1.5 HOURS	1 HOUR
DESCRIPTION	<p>SEMINAR SUB-TOPICS:</p> <ul style="list-style-type: none"> • Definition of Character and its Importance in leading a successful life. • How your Character determines how you lead your personal and professional lives. • Redefining personal traits, personality, and character • Self Confidence mastery. <p>EXPERT (GUEST SPEAKER) — TBA*</p> <p>Speaker's Topic: Building Character and Self-confidence TBA: To Be Announced*</p>	<p>WORKSHOP ACTIVITIES:</p> <ul style="list-style-type: none"> • Groups selection. • Networking. • Identifying challenges after 7 months of progress. • Action plan for building character and self-confidence. • Individual challenge progress update. 	<p>THINK FORWARD GATHERING ACTIVITIES:</p> <ul style="list-style-type: none"> • Sharing personal challenges. • Book review and learning outcomes • Review of the topic of the month and learning outcomes by members. • Refining of life and career goals. • Engaging and learning from one another amongst group. 	<p>OUTDOOR ACTIVITIES:</p> <p>—Activities will be a mix of 1 or more of the following:</p> <ul style="list-style-type: none"> • Fitness Activities. • Running Workout. • Walking exercise. • Body-Weight Workouts. • Beach Fitness Workouts. • Yoga and Meditation.

SUB-TOPICS AND ACTIVITIES ARE SUBJECT TO MINOR ADJUSTMENTS.

ONGOING TOOLS ALL MONTH

COMMUNITY
ENGAGEMENT VIA
FORWARD ONLINE
COACHING PLATFORM

READING AND
WRITING WORK

MOVIE ANALYSIS

1-ON-1 COACHING VIA
MEETING, PHONE, OR
EMAIL

MONTH 9: —TOPIC: COMMUNICATION EXCELLENCE

OVERCOME
CONTINUOUS
COACHING
PROGRAM FORWARD

TOOL	SEMINAR	WORKSHOP	THINK FORWARD GATHERINGS	OUTDOOR ACTIVITIES
FREQUENCY	1 PER MONTH SEMINAR AND WORKSHOP WILL BE ON THE SAME DAY		4 SESSIONS (1 PER WEEK)	4 SESSIONS (1 PER WEEK)
DURATION	2 HOURS	1 HOUR	1.5 HOURS	1 HOUR
DESCRIPTION	<p>SEMINAR SUB-TOPICS:</p> <ul style="list-style-type: none"> • Communication re-defined. • How communication skills can have an effect on life goals. • Communication in friendships, relationships, and the work place. • Communication mastery. • The importance of your message and your 'why'. <p>EXPERT (GUEST SPEAKER) — TBA* Speaker's Topic: Communication Excellence <i>TBA: To Be Announced*</i></p>	<p>WORKSHOP ACTIVITIES:</p> <ul style="list-style-type: none"> • Groups selection. • Networking. • Identifying challenges after 8 months of progress. • Action plan for improving Communication skills • Individual challenge progress update. 	<p>THINK FORWARD GATHERING ACTIVITIES:</p> <ul style="list-style-type: none"> • Sharing personal challenges. • Book review and learning outcomes • Review of the topic of the month and learning outcomes by members. • Refining of life and career goals. • Engaging and learning from one another amongst group. 	<p>OUTDOOR ACTIVITIES:</p> <p>—Activities will be a mix of 1 or more of the following:</p> <ul style="list-style-type: none"> • Fitness Activities. • Running Workout. • Walking exercise. • Body-Weight Workouts. • Beach Fitness Workouts. • Yoga and Meditation.

SUB-TOPICS AND ACTIVITIES ARE SUBJECT TO MINOR ADJUSTMENTS.

ONGOING TOOLS ALL MONTH

COMMUNITY
ENGAGEMENT VIA
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COACHING PLATFORM

READING AND
WRITING WORK

MOVIE ANALYSIS

1-ON-1 COACHING VIA
MEETING, PHONE, OR
EMAIL

MONTH 10: —TOPIC: PUBLIC SPEAKING MASTERY

OVERCOME
CONTINUOUS
COACHING
PROGRAM FORWARD

TOOL	SEMINAR	WORKSHOP	THINK FORWARD GATHERINGS	OUTDOOR ACTIVITIES
FREQUENCY	1 PER MONTH SEMINAR AND WORKSHOP WILL BE ON THE SAME DAY		4 SESSIONS (1 PER WEEK)	4 SESSIONS (1 PER WEEK)
DURATION	2 HOURS	1 HOUR	1.5 HOURS	1 HOUR
DESCRIPTION	<p>SEMINAR SUB-TOPICS:</p> <ul style="list-style-type: none"> Importance of Public Speaking in our personal and professional lives. How to influence the audience. How to change perceptions through public speaking. Preparation for Public Speaking excellence. <p>EXPERT (GUEST SPEAKER) — TBA* Speaker's Topic: Public Speaking Advanced Tools <i>TBA: To Be Announced*</i></p>	<p>WORKSHOP ACTIVITIES:</p> <ul style="list-style-type: none"> Groups selection. Networking. Identifying challenges after 9 months of progress. Action plan for Public Speaking Mastery. Individual challenge progress update. 	<p>THINK FORWARD GATHERING ACTIVITIES:</p> <ul style="list-style-type: none"> Sharing personal challenges. Book review and learning outcomes Review of the topic of the month and learning outcomes by members. Refining of life and career goals. Engaging and learning from one another amongst group. 	<p>OUTDOOR ACTIVITIES:</p> <p>—Activities will be a mix of 1 or more of the following:</p> <ul style="list-style-type: none"> Fitness Activities. Running Workout. Walking exercise. Body-Weight Workouts. Beach Fitness Workouts. Yoga and Meditation.

SUB-TOPICS AND ACTIVITIES ARE SUBJECT TO MINOR ADJUSTMENTS.

ONGOING TOOLS ALL MONTH

COMMUNITY
ENGAGEMENT VIA
FORWARD ONLINE
COACHING PLATFORM

READING AND
WRITING WORK

MOVIE ANALYSIS

1-ON-1 COACHING VIA
MEETING, PHONE, OR
EMAIL

MONTH 11:

—TOPIC: CREATE YOUR IDEA AND DEFINE YOUR PURPOSE

TOOL	SEMINAR	WORKSHOP	THINK FORWARD GATHERINGS	OUTDOOR ACTIVITIES
FREQUENCY	1 PER MONTH SEMINAR AND WORKSHOP WILL BE ON THE SAME DAY		4 SESSIONS (1 PER WEEK)	4 SESSIONS (1 PER WEEK)
DURATION	2 HOURS	1 HOUR	1.5 HOURS	1 HOUR
DESCRIPTION	<p>SEMINAR SUB-TOPICS:</p> <ul style="list-style-type: none"> • Creating the big idea; ‘Your dream idea’. • Defining the idea and setting targets for achievement. • Research tools and requirements for your idea. • How to put your big idea together. <p>EXPERT (GUEST SPEAKER) — TBA*</p> <p>Speaker’s Topic: Project planning tools TBA: To Be Announced*</p>	<p>WORKSHOP ACTIVITIES:</p> <ul style="list-style-type: none"> • Groups selection. • Networking. • Identifying challenges after 10 months of progress. • Action plan for your idea and how to make it happen. • Individual challenge progress update. 	<p>THINK FORWARD GATHERING ACTIVITIES:</p> <ul style="list-style-type: none"> • Sharing personal challenges. • Book review and learning outcomes • Review of the topic of the month and learning outcomes by members. • Refining of life and career goals. • Engaging and learning from one another amongst group. 	<p>OUTDOOR ACTIVITIES:</p> <p>—Activities will be a mix of 1 or more of the following:</p> <ul style="list-style-type: none"> • Fitness Activities. • Running Workout. • Walking exercise. • Body-Weight Workouts. • Beach Fitness Workouts. • Yoga and Meditation.

SUB-TOPICS AND ACTIVITIES ARE SUBJECT TO MINOR ADJUSTMENTS.

ONGOING TOOLS ALL MONTH

COMMUNITY
ENGAGEMENT VIA
FORWARD ONLINE
COACHING PLATFORM

READING AND
WRITING WORK

MOVIE ANALYSIS

1-ON-1 COACHING VIA
MEETING, PHONE, OR
EMAIL

MOTNH 12: —TOPIC: SUBLIME, GREATNESS, MASTERY, AND SELF-ACTUALISATION

OVERCOME
CONTINUOUS
COACHING
PROGRAM FORWARD

TOOL	SEMINAR	WORKSHOP	THINK FORWARD GATHERINGS	OUTDOOR ACTIVITIES
FREQUENCY	1 PER MONTH SEMINAR AND WORKSHOP WILL BE ON THE SAME DAY		4 SESSIONS (1 PER WEEK)	4 SESSIONS (1 PER WEEK)
DURATION	3 HOURS	1 HOUR	1.5 HOURS	1 HOUR
DESCRIPTION	<p>SEMINAR SUB-TOPICS:</p> <ul style="list-style-type: none"> • The meaning of Greatness. • Stories and historical applications of Greatness. Identifying the common traits between great personalities and ourselves. • Maslow's Hierarchy of Needs. • The meaning of Mastery. • Stories and historical applications of Mastery. • The essence of living a life leading to Mastery and Greatness. • Rituals and habits of Great Masters. • Adopting a masterful mind-set. <p>EXPERT (GUEST SPEAKER) — TBA*</p> <p>Speaker's Topic: Sublime and Self-actualisation TBA: To Be Announced*</p>	<p>WORKSHOP ACTIVITIES:</p> <ul style="list-style-type: none"> • Delivering idea prepared in Month 11 in a keynote presentation on stage to rest of group. • Receive feedback and create action plan for follow up. 	<p>THINK FORWARD GATHERING ACTIVITIES:</p> <ul style="list-style-type: none"> • Continuing from workshop: — Delivering idea prepared in Month 11 in a keynote presentation on stage to rest of group. • Sharing personal challenges. • Book review and learning outcomes. • Review of the topic of the month and learning outcomes by members. • Engaging and learning from each other. 	<p>OUTDOOR ACTIVITIES:</p> <p>—Activities will be a mix of 1 or more of the following:</p> <ul style="list-style-type: none"> • Fitness Activities. • Running Workout. • Walking exercise. • Body-Weight Workouts. • Beach Fitness Workouts. • Yoga and Meditation.

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MEMBERSHIP

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MEMBERSHIP FEES

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PUBLIC PRICE *(12 MONTHS COMMITMENT)*

SINGLE MEMBERSHIP PACKAGE	30 KD PAID MONTHLY (TOTAL: 360 KD YEARLY)
BUNDLE MEMBERSHIP (2 PEOPLE)	25 KD PAID MONTHLY BY EACH MEMBER (TOTAL: 300 KD YEARLY FOR EACH MEMBER)
BUNDLE MEMBERSHIP (3 PEOPLE)	20 KD PAID MONTHLY BY EACH MEMBER (TOTAL: 240 KD YEARLY FOR EACH MEMBER)

STUDENT PRICE *(12 MONTHS COMMITMENT)*

TO BE ELIGIBLE FOR THE STUDENTS RATE: SCHOOL / UNI ID VERIFICATION REQUIRED

SINGLE MEMBERSHIP	20 KD PAID MONTHLY (TOTAL: 240 KD YEARLY)
BUNDLE MEMBERSHIP (2 PEOPLE)	17.5 KD PAID MONTHLY (TOTAL: 210 KD YEARLY FOR EACH STUDENT)
BUNDLE MEMBERSHIP (3 PEOPLE)	15 KD PAID MONTHLY (TOTAL: 180 KD YEARLY FOR EACH STUDENT)

CORPORATE PRICE *(12 MONTHS COMMITMENT)*

TO BE ELIGIBLE FOR E CORPORATE RATE: PARTNERSHIP WITH FORWARD REQUIRED

SINGLE MEMBERSHIP	325 KD (ONE TIME PAYMENT)
BUNDLE MEMBERSHIP (5 PEOPLE)	1500 KD TOTAL (300 KD FOR EACH EMPLOYEE) (ONE TIME PAYMENT)
BUNDLE MEMBERSHIP (10 PEOPLE)	2750 KD TOTAL (275 KD FOR EACH EMPLOYEE) (ONE TIME PAYMENT)
BUNDLE MEMBERSHIP (20 PEOPLE)	5000 KD TOTAL (250 KD FOR EACH EMPLOYEE) (ONE TIME PAYMENT)

JOIN THE PROGRAM

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REGISTRATION IS NOT OPEN YET

Registration for the program will commence on the **1st of September, 2018 until the 30th of September, 2018.** (5 days before the program start date)

LIMITED MEMBERSHIP:

Kindly note that The program has a limited membership slots.

INTERESTED IN THE PROGRAM?

Simply sign up for ***Early Access Notification*** in the program website.

You shall receive an early link for registration ahead of everyone else, thereby ensuring a spot in the program.

VISIT WEBSITE

FORWARDSPORTSEVENTS.COM/OVERCOME

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