



C CHURCH GIRLS™
R E D E F I N E D

do something
DIFFERENT

DEVELOPMENTAL
TOOLS THAT CAN
CHANGE YOUR LIFE

Sophia A. Nelson



CHURCH GIRLS™
REDEFINED
*ReDefining how we
Live, Love & Lead in the Church*

COURSE TITLE: Do Something Different: Thank you for downloading our Free companion eBook: *Do Something Different*. If you listened to the Podcast course overview, this booklet is a great addendum to that course. Save both of them on your desktop, iPad or smartphone as our free gift to you.

The goal of this course is to **Inspire Positive Change in Your Life**. This course aims to inspire and empower both women and men who feel stuck or in a life stall. Over the next 12 weeks you will be able to engage in purposeful career, relationship and spiritual development as well as learn how to develop positive and practical habits daily—that will lead to change in your life with more conviction and confidence than you have ever experienced before.

Our course instructor Sophia A. Nelson, needs no introduction. She will be the professor of the first six classes, then the moderator of the year end wrap up “The Shift 2.0” starting December 27-29th. It will feature some of the most renowned and respected men and women coaches, trainers, and leadership experts who will help you get ready to take 2016 by storm! If you know that you need to do something different in order to increase your personal fulfillment and your capacity to grow into the person you want to be. This course is for you.

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What we are going to do together over the course of the next few weeks and months is help you to transform your life by doing something different in your life.

Starting RIGHT NOW with this preview:

- You will learn how to form positive habits.
- Get rid of bad habits.
- Create positive expectations in your day to day life
- Create short term and long term attainable goals that help you to get to where you want to be.
- Learn how to draw the right people into your life ROW and untie from the ones who no longer belong.
- Build you self-esteem and value.
- Learn how to develop positive social networking skills and attract mentors and sponsors to help you win in your career.
- Learn how to release the pain of the past, and focus on the power of the present.

Transformational people inspire great loyalty and trust in their closest friends, family and associates. They have high expectations, and they inspire people to reach their goals.

Transformational people have and practice high standards of ethics, morals, and values. They stand out because they stand up.

You can become a transformational individual in your daily life. You can learn how to lead better. Live better. And yes, love better.

By registering for the 3 months, 6 course classes, you will learn how to win in 3 core areas of your life:

The Workplace/Career:

1. Create an inspiring vision of your future.
2. Soar in your skill set
3. Motivate people to buy into and deliver your vision.

4. Manage delivery of the vision.
5. Build ever-stronger, trust-based relationships with your people.

Relationships:

1. Let go of old hurts and wounds, embrace healing.
2. Learn how to reconnect with your loved ones, by first loving and honoring yourself.
3. Setting healthy boundaries.
4. How to Guard your heart without gating it.
5. How to handle conflict off of social media, devices, and have courageous conversations.

Faith & Spiritual Development:

1. How to tap into the power of your faith to lead & live a better life.
2. Finding your faith again.
3. Rediscovering the healing power of hope.
4. Traits of a happy, healthy, thriving Spirit.

Keep in mind that in order to succeed as transformational person, you need to work on your own skills, and set aside time and space for your personal development. That is what "Do Something Different is All About!"

At the end of the course—which starts October 15, 2015, you will know how to execute the following habits in your daily life.

- How to better take care of YOU and break old, worn, bad habits
- How to reach for the improbable and make it possible
- How to be a model of integrity and fairness.

- How to choose your thoughts and words wisely at the outset of each new day.
- How to set clear goals.
- How to WALK IN high expectations.
- How to encourage yourself and others.
- How to heal from what hurts.
- How to develop a strong prayer and daily faith walking routine.
- Provide support and recognition to those you love.
- How to stir the emotions of people and get them to follow and connect with you in a good way.
- Get people to look beyond their own self-interest and toward building others.

Where do you want to be in five years?

Whatever the case you will get nowhere if you don't dare to do something NEW.

Here is what you can expect for the paid subscription courses starting next month.

October:

Week 1: Yourself as a Leader - Developing your Leadership Identity

- A. Welcome to the Course and Strengths in Leadership
- B. Leadership Values and vision

Homework—prep for class #2

Week 2: The Current State of Your Life

what needs to change and how do I change it.

November

Week 3: Your Leadership Presence

- A. Self-Confidence
- B. Navigating organizational politics and gaining influence in organizations, faith based, corporate and your own company

Week 4: Relationship Tools

- A. Negotiating boundaries Effectively
- B. Building relationships better.

December

Week 5: Making it all work BETTER vs Balance

- A. Defining Your success and finding work-life integration

Week 6: Doing Something Different: strategies for success

Here are the 6 tips you need to start the process of change in your life: **TODAY!**

Tip #1: Change your mind. All change starts with our thoughts about our lives, our living, and who we want to become.

Tip #2: Make a decision. Nothing will change in your life until you make a decision. Make-up your mind right now that THIS is not how your story will end. That you can do something better with your life.

Tip #3: Get a strategy. You need a plan. Change does not happen on its own without a focused, written, and plan to be executed.

Tip #4: Get an accountability partner or team. None of us is an island that is why taking courses, and having interactive classrooms and chat rooms can help. You cannot do this alone.

Tip #5: Write the vision down and make it plain. If you cannot commit it to paper and write it out. You will never make it happen.

Tip #6: Expect something great for your life. The power of expectation is a critical tool for success in life. You must learn how to expect good things for your life and your future.