

# Altitude Group

The best leaders in the world lead themselves to higher levels by calibrating support and challenge to themselves and their teams. We call them 100X Leaders – leaders who are moving towards 100% health and who have learned how to multiply what they know into the lives of those they lead.

To explain this, we use the metaphor of a Sherpa on Mt. Everest. The Sherpa people have a genetic predisposition to higher altitudes which means they can climb higher and longer than normal climbers. They actually have the ability to lead themselves and others up the mountain.





**This is what defines a leader — doing their work while helping others do theirs for the benefit of all.**

**Launches May 2023**

Limited Spots Available • 12-Mo Commitment

## What You'll Receive






This intentional 12-month+ process is designed to help you be the best leader you can be in each circle of influence in your life. Here's how...

-  Access to weekly **45 minute video training** focused on learning & practical tools
-  A weekly **100 Exercise** focused on helping you improve your own personal leadership
-  A weekly **X Challenge** focused on helping you take what you have learned and impact others immediately
-  Every other week one-hour **core group sessions** aimed at deepening understanding & application while providing accountability on the journey

Altitude Training is a weekly learning system mixed with practical tools to help you achieve higher levels of performance, self-awareness, and practical solutions to the real world issues you face.



## The Benefits

-  Actively invest in your own growth to become the best leader you can be
-  Systematic, proven process for developing toward optimal health & high-performance
-  Real-world & immediate application of what you are learning each week
-  Regular connection & support from a group of leaders walking through the process with you
-  Low cost — only \$249/month (\$199/month for non-profits)