



Become Your Best Success Kit

Human Impact. Organizational Impact. Global Impact.

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Success Kit

Congratulations and welcome to Rise Up For You!

Rise Up For You is an educational and motivational company that focuses on enhancing company culture and people development through teaching soft skills, aka human skills. Through our core principles; educate, inspire, experience, and connect, we are dedicated to fostering sustainable growth among companies and individuals. Our mission is to help serve humanity through focusing on the most essential component; people. We have designed interactive and experiential events, one to one coaching programs, and corporate trainings and workshops, with a special focus on the people, emotional, and social skills needed to be successful in today's world.

Rise Up For You is about you! We take companies and individuals like yourself, from where you are now to where you want to be.

You're in the right place if you're:

Looking for something that will push you to be better and become your best.

Looking for credible and educational information that can actually apply to your professional and personal life.

Looking for a community of like-minded individuals to relate to and learn from.

Ready to take your success to the next level on your own terms.

Feeling stuck and want to find your true purpose.

Would like to build more confidence and self-love so that you can take more action to build your success.

Ready to achieve your greatest potential with the right action plan, clarity, and a driving personal commitment.

Ready to create sustainable change in all aspects of your life by being a seeker and a student.



Here's How It Works



PERSONAL IMPACT



ORGANIZATIONAL IMPACT



GLOBAL IMPACT

Human Impact. Organizational Impact. Global Impact.

Let's Start with the SELF

START WITH THE SELF

CREATE THE PLAN

BEGIN TO TAKE ACTION

NURTURE THE GROWTH

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Rise Up For You, LLC, 2020



Let's Start with the SELF

6 PILLARS TO SUCCESS



Relationship and
Social Intelligence



Money



Self-Worth



Career



Romance



Health and Fitness

Our focus is on the whole person. Research shows that the happiest, most fulfilled people in the world are the ones who make time to nurture and build their Relationships, Money, Self-Worth, Career, Romance, and Health and Fitness. When we feel great inside, as the whole person, then and only then can we create positive change around us.

Your journey to becoming your best self as the whole person starts now!

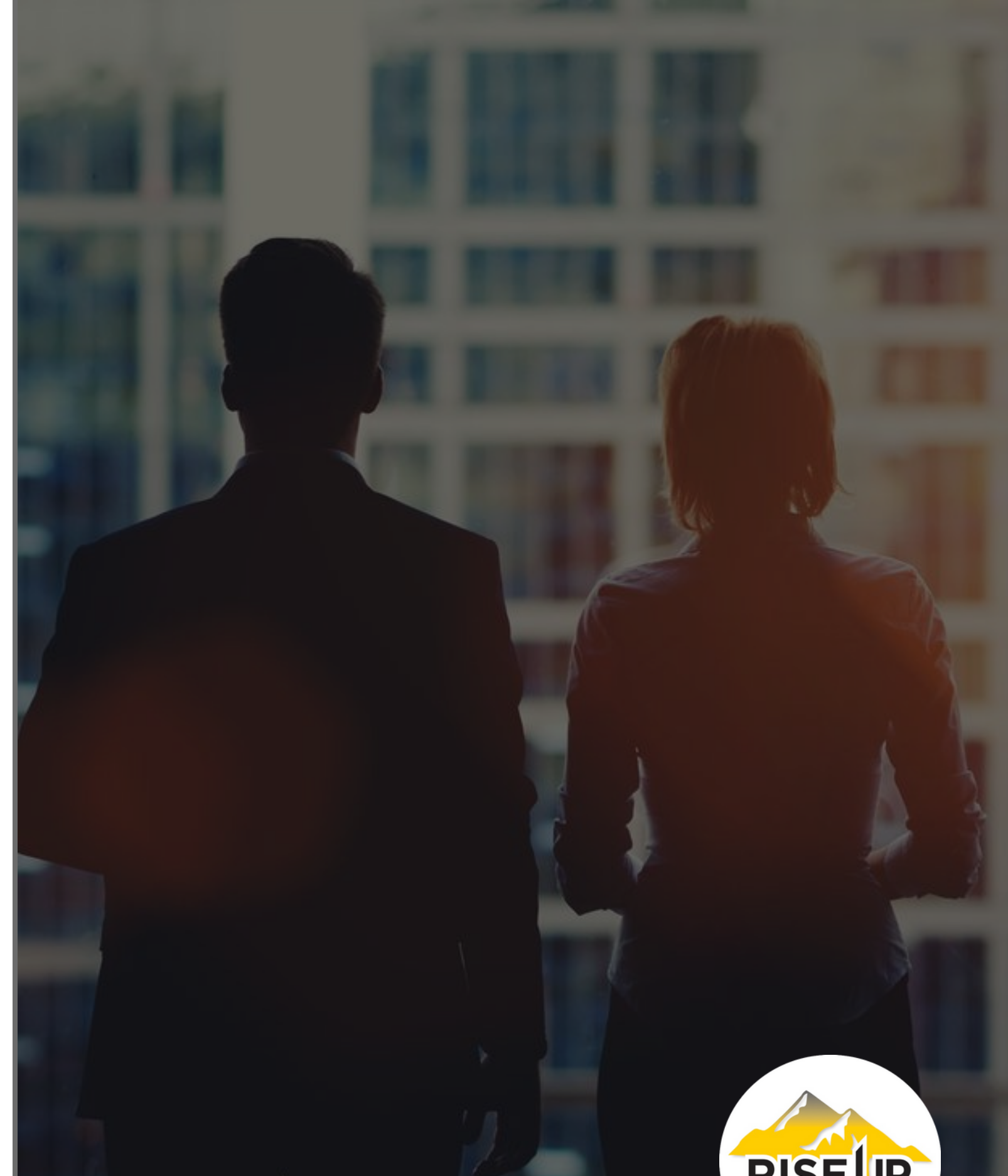


Why it Matters

The data from Gallup's latest World Happiness Report shows that between 2009 and 2017, well-being and happiness among Americans actually declined in all 50 states. Although salary and other economic factors play important roles, once basic needs are met, a person's sense of well-being is mostly determined by positive relationships, engagement, health, and a personal sense of meaning, purpose, and accomplishment.

Investing in your personal development and well-being creates transformation, brings creative ideas to the table, exudes a positive energy, and creates an overall more fulfilled life. "Become Your Best—The Whole Person" opens your mind and heart to the Six Pillars to a Successful Life, which affect our behaviors and happiness. Relationships, Money, Career, Self-Love, Romance, and Health cover all the facets of life that either bring us down or propel us forward. When your focus on one pillar suffers, it has an effect on the rest. Focusing on the WHOLE person is a forgotten practice in today's world, and we are bringing it back so that all men and women can live their best lives while empowering others to do the same.

Let's work together to provide you with an action plan that can make you feel more secure and happy in life. It's time to rise up to the next level and become your best self!



Your journey to becoming your best self as the whole person starts now!

What Does Each Pillar Mean?



Relationship and Social Intelligence

Building professional and personal relationships is a crucial part of your happiness and success. Anything great that has ever been achieved usually comes from a collection of minds and a community of support. In addition, it is proven that individuals are affected by those who surround them.

Here we will focus on communication, leadership skills, and soft skills, such as emotional and social intelligence, conflict resolution, and networking strategies.



Money

Learning how to manage your money and having a financial plan for yourself and your family is important. Building financial literacy is a key skill to develop. We will cover money management, budgeting, investing, and more.



Self-Worth

Many of us don't realize or want to accept that in fact, it is our limiting beliefs, mindset, and our self-talk that gets in the way of our own happiness. It's common to call ourselves names, stop ourselves from going towards our goals, and self-sabotaging potential successes. It's time to hold ourselves in higher esteem and value. This pillar is pivotal and the most important in achieving success both professionally and personally.

Your journey to becoming your best self as the whole person starts now!



What Does Each Pillar Mean?



Career

In today's society, all of the information and tools we need are right at our fingertips. Trends develop quickly, and information floods the online world. Even though it can be overwhelming, now more than ever, the world is your ocean to play in.

Learn business strategies, develop acumen, and follow the new trends that are shaping the business and corporate world. Whether you are an entrepreneur, corporate employee, or looking to transition into building something of your own, this pillar provides strategic tips to help you get to the next step in your career.



Love

Dating, marriage, and understanding your love life is a full-time job. We see this pillar as a stand-alone from the Relationships pillar as the skills in a romantic relationship require a different set of skills.

Here we discuss all things love! From the pre-dating phase all the way to marriage counseling, from how to build your online profile, to breaking unhealthy habits in your love life.



Health and Fitness

Heart failure, cancer, and other forms of disease are at an all-time high! Part of learning how to value your body is understanding that the goal of proper nutrition and exercise isn't about looking skinny or becoming the next top model; instead, true health is about getting your mind and body to a place where you feel good, strong, and energetic.

This pillar focuses on the three core elements of health: Fitness, Nutrition, and Mental Health. Recipes, advice, and fitness tips are right here at your fingertips.

Your journey to becoming your best self as the whole person starts now!



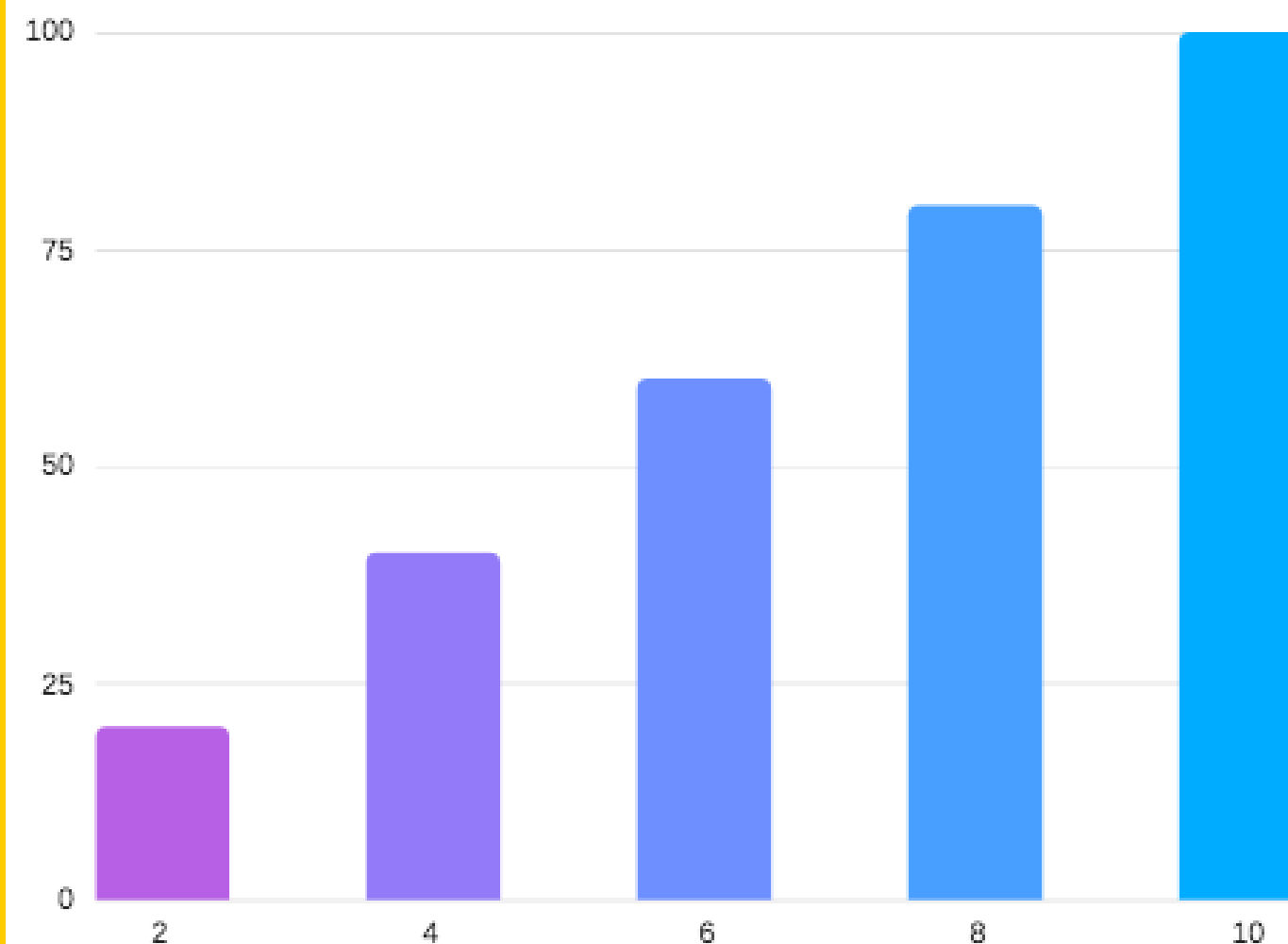
Start-Up Exercise

It's time to Rise Up For You!

Rise Up For You encourages CONTINUOUS GROWTH in becoming your best self! Meaning no matter where you are in your life, challenge yourself to rise even higher!

Let's take a moment and assess where you are in each pillar of life currently. Follow the 6 Pillars to a Successful Life self-assessment and let's begin the journey to become your best.

Rate the 6 pillars between 1-10 (see next page)



1-2= Needs a lot of work and is far from my goal. I am not happy with this at all!

3-4= It's existent but not consistent. I'm not happy with this.

5-6= Needs improvement but I am half way there. More hard work and I'll achieve my level of happiness in this pillar.

7-8= I am happy with this pillar! I'm really close to exactly what I want and I feel pretty great about it.

9-10= I feel great! This pillar is in alignment with me and I feel that I am currently at my best!

Your journey to becoming your best self as the whole person starts now!



Start-Up Exercise-Part 1

Relationship and Social Intelligence

Current Level:

Explain why you chose that number:

Goal Level (in 3 months):

Money

Current Level:

Explain why you chose that number:

Goal Level (in 3 months):

Self-Worth

Current Level:

Explain why you chose that number:

Goal Level (in 3 months):

Career

Current Level:

Explain why you chose that number:

Goal Level (in 3 months):

Romance

Current Level:

Explain why you chose that number:

Goal Level (in 3 months):

Health and Fitness

Current Level:

Explain why you chose that number:

Goal Level (in 3 months):

Your journey to becoming your best self as the whole person starts now!

Start-Up Exercise-Part 2

Now that you have evaluated each element, let's develop specific goals and outline a plan to achieve them. What small, actionable steps can you take now to rise to the next level? Start small, so you don't overwhelm yourself. Perhaps you can start by saving 10% of your monthly income to invest in future property, working out for 10 minutes twice a week if you haven't exercised in a while, or working 30 minutes every night to start formulating that start-up business idea you have always dreamed about! Create your action plan below by listing three steps you can take to start achieving your new goals.

Relationship and
Social Intelligence

- 1.
- 2.
- 3.

Money

- 1.
- 2.
- 3.

Self-Worth

- 1.
- 2.
- 3.

Career

- 1.
- 2.
- 3.

Romance

- 1.
- 2.
- 3.

Health and Fitness

- 1.
- 2.
- 3.

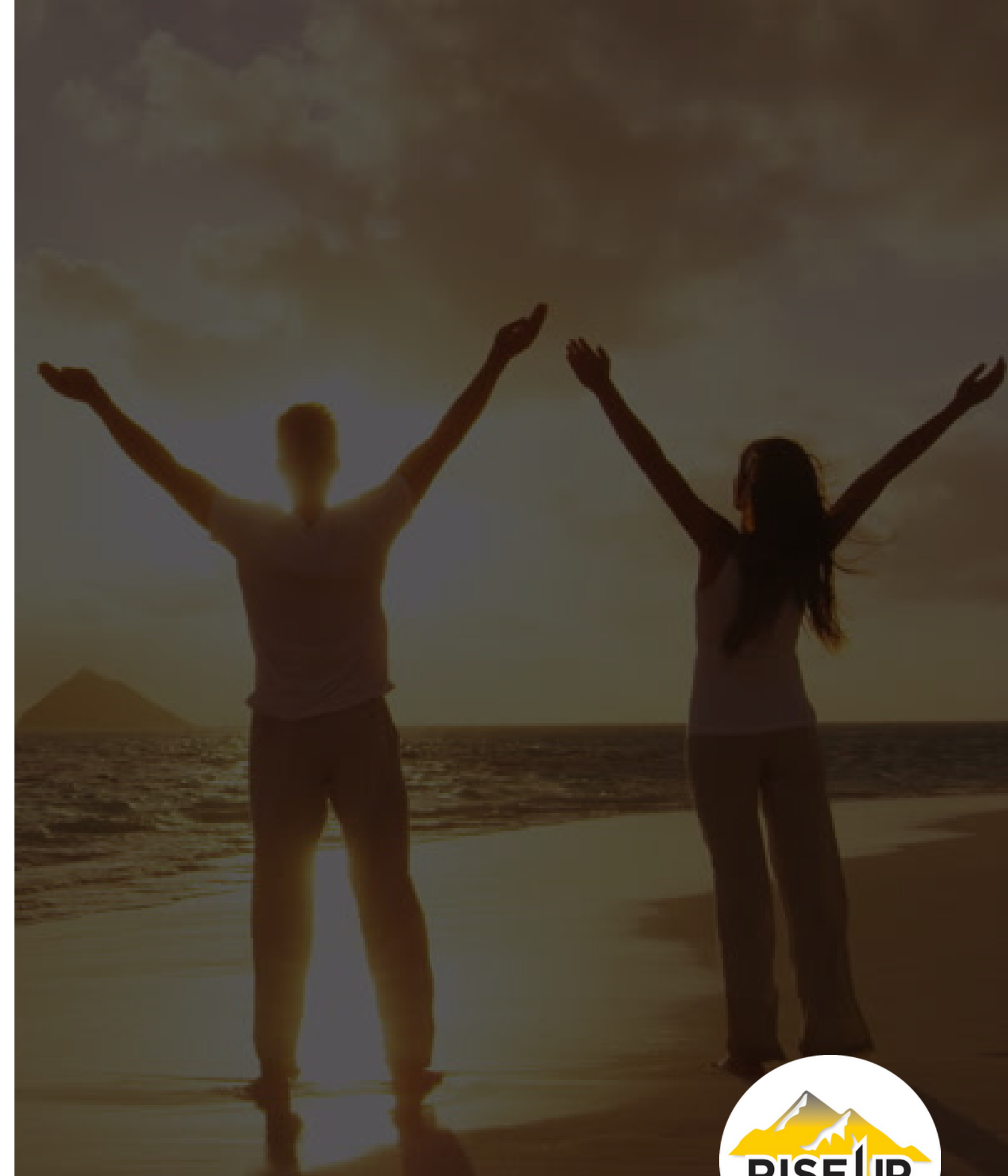
6 Pillars to a Successful Life

The beautiful thing about this assessment is that it's never too late to start working towards your level 10 in all six pillars. Remember life is always changing, so revisit this exercise every three months and watch your levels of happiness increase as you transform into becoming your best self as the whole person.

It won't come overnight (and it won't be easy), but just remember you are capable and have the power to step into this life at 1000%. The power is all yours!

Rise Up For You provides you with the guidance and tools you will need. Whether it's connecting with like-minded individuals through **our live events**, working with our team of credible experts through our **courses and coaching programs**, or gaining empowerment through **our podcast**, Rise Up For You encourages you to always rise up to your next level!

To help jump-start your journey, we've compiled a start-up kit with some of the best podcast interviews, webinars, and articles below. Simply click on the image and enjoy!



Your journey to becoming your best self as the whole person starts now!

Resources from our Founder

Click on the picture to listen, watch, and read.

Podcast Self-Worth

Episode #229 with Nada Lena-
Becoming Your Best Self!



VIDEO Career

TEDx Talk: Workplace Wellbeing



Article Health

#Permission to Pause



Your journey to becoming your best self as the whole person starts now!

More Resources



Events



Coaching Programs
and Courses



Organizational
Development



Podcast

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Let's Be Social



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