

ONLINE TRAINING



MASTERING YOUR LIFE THROUGH SELF COACHING

Leading Yourself, Your Family
and Your Team.

justiceclearinghouse.com

MASTERING YOUR LIFE THROUGH SELF COACHING

Learn the mindset and tactics to make better connections and be the best leader you can be.



OUR MISSION

We help professionals from all reaches of the Criminal Justice and Public Safety arena stay on top of the trends, best practices and success stories in their industry through articles, webinars and training.

If you're like most people, whenever you've thought about getting into the best shape of your life, becoming the leader you want to be, or growing as a spouse and parent, you most likely want to rush to the TACTICS. What do I need to "do" to make that happen? And you've probably noticed that doesn't work. After struggling with this for years, only to finally find a solution after failing at it for so long, your instructor Marc Hildebrand realized that it's all about the MINDSET.

Making sure your mindset is on point will make it possible for the tactics to actually work. It will get you to show up with the intensity and energy you need to stay motivated and consistent with the right activities.

In this course, you'll discover:

- The right mindset and tactics to get into the best shape of your life
- Manage your time like a boss
- Show up as the leader you want to at home and work
- Create memories and a legacy with your family
- Learn how to coach yourself to show up despite all obstacles.

If you would like to find the motivation and drive to show up and create results for yourself in any of these areas, join us while we dive into each of these subjects and come out with the mindset you need to make it happen. *Your results are waiting for you, jump in.*

COURSE INSTRUCTOR



MARC HILDEBRAND
LAPD Law Enforcement Officer

Marc Hildebrand is a current Law Enforcement Officer from LAPD who struggled through a 100 pound weight loss journey and losing connection with his family, while blaming it on his lack of time and crazy career.

After successfully getting into the best shape of his life at 43 years old and making his family the most important priority, he now shows other LEOs how to GENERATE the TIME and ENERGY so they can get into incredible shape, connect with their family to create lasting memories and the LEGACY they want, while being a LEADER OF LEADERS at work!

WHAT OTHERS ARE SAYING

“

This honestly was an eye-opener for me, motivated me to take action and stop making excuses. Marc absolutely inspired me!

— VERONICA

”

“

Changing negative self-talk into something positive and providing the statements to use. Excellent resources and great information!

— PAUL

”

“

There were many valuable lessons in the presentation but I connected with reflecting on the question ‘Who needs your A game?’

— JOHN

”

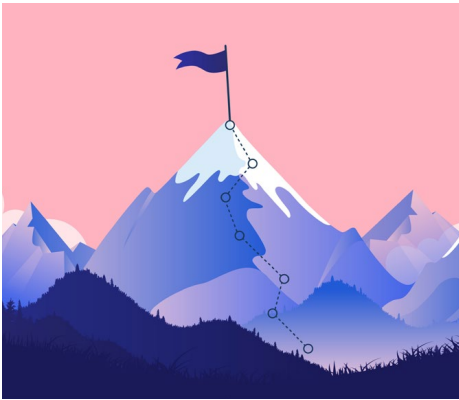
COURSE DETAILS

This course consists of six lessons, with 3 hours of learning.

01 Brief Overview

- Activity: The roadmap for this course
- Take the Next Step: Getting in Touch with your Priorities

02 Physical and Mental Health Mindset and Tactics



During this session we'll discuss:

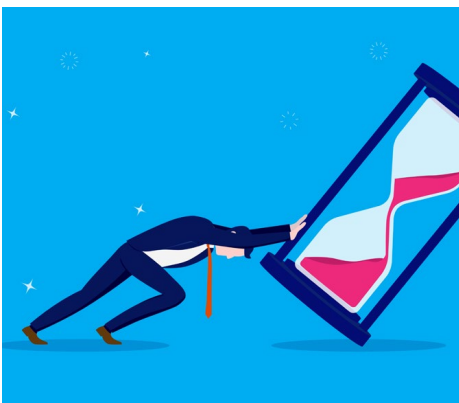
- Start with your why
- Taking ownership of your mindset
- And how to be consistent

Who needs you to be on your A game right now? If you're like most of us, knowing that someone needs us to be on our game gets us to show up despite how we might feel that day. In this lesson, you'll learn some of the huge takeaways that not only helped Marc to lose 100 pounds and keep it off for 10+ years, but also how he helped inspire thousands of others in our career to show up for themselves long enough to get the results they want. It's easy to give up if you aren't reminded of what you're really fighting for. If you're ready to fully tap into your intrinsic motivation to get yourself into the best shape of your life, dive in and watch and before long you too will start showing up on your A game.

ACTIVITIES AND HOMEWORK

- Activity: Course review
- Activity: reviewing concepts
- Activity: Areas to Focus on
- Take the Next Step: Priorities and Important People
- Take the Next Step: Creating and Building on Previous success
- Take the Next Step: Small Changes

03 Time Management: How We Can Do it All



During this session we'll discuss:

- Start with your why
- Taking ownership of your mindset
- And how to be consistent

Most people try to do it all and very quickly realize that's a recipe for disaster and burnout. In this training, Marc will share how you can actually do it all, once you identify not just what's most important to you, but you identify the activities that really matter the most. Truth is there are a lot of things to do, but some things matter more than others, and when you can identify those you'll get far more results in much less time.

This lesson by itself will create exponential results in your life, since this same principle can be used in anything you're trying to succeed at!

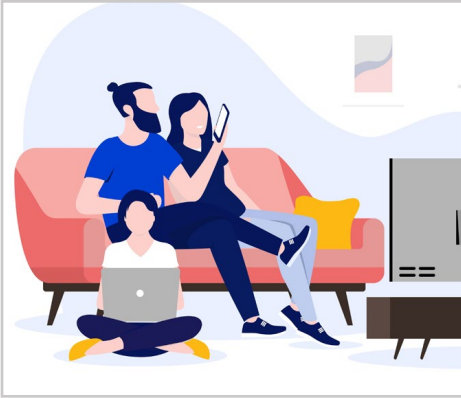
ACTIVITIES AND HOMEWORK:

- Activity: Understanding Time Management
- Take the Next Step: Visualizing the end of the year
- Activity: Getting More Time
- Activity: Areas to Measure and Focus on
- Take the Next Step: Picking Your Priorities

COURSE DETAILS

(continued)

04 Making the Family Connection



During this session we discuss:

- Why mindset matters
- Creating a legacy
- Identifying what really matters

Legacy is forever. Your work colleagues might talk about you for a few months, but your family will talk about you forever. Marc realized that he had put his family on the back burner for many years and blamed it on his career as a police officer. Truth was, it was him all along. (Can you relate?)

Marc will share what not only helped him to turn that around, but also some amazing tactics to take his connection with his wife and kids to the next level. And even better: it actually helped him perform better at work. Check out this lesson where he breaks down the mindset and tactics around family connection, that are universal concepts that can be used in any relationship you want to improve.

ACTIVITIES AND HOMEWORK:

- Activities and Homework
- Activity: Key Lessons Learned
- Take the Next Step: Identifying Meaning
- Watch: It's Not about the Nail
- Take the Next Step: Love Languages Experience
- Activity: Exploring Special Enhancements
- Activity: The Differences Between Restitution and Compensation

05 Leadership: Becoming a Leader Others Want to Follow



During this session we discuss:

- Why mindset matters
- Taking Extreme Ownership
- Setting Boundaries

We all have leaders in our lives we would follow anywhere, but why is that? And how do we duplicate that into ourselves? In this lesson we will break down both the mindset and tactics behind being the best leaders we can be... By becoming a leader of leaders. Leadership is not what most people think it is. It's more based on your character than any tactics that you follow. Learn what Marc means during this lesson, and take your influence to the next level.

ACTIVITIES AND HOMEWORK:

- Take the Next Step: Evaluate a Leader
- Activity: the 4Ms
- Take the Next Step: Implementing the 4Ms

COURSE DETAILS

(continued)

06 Self Coaching: Learning how to Coach Yourself to Achieve and Maintain Your Goals



During this session we discuss:

- Why mindset matters
- The way you talk to yourself
- Understanding self sabotage
- Finding better ways to talk to yourself

The hardest person to lead is yourself. You have all the behind the scenes views which makes it so easy to give in. When you understand the philosophies of life + self-coaching and how your brain works, you'll have the ability to lead yourself, which will make leading others so much easier. In this lesson you'll learn why you are creating the results you're currently experiencing in your life, which is because of the thoughts that you are focusing your time + attention on. When you become aware of what you are doing to yourself it finally gives you the power to change.

Join us to find out how.

ACTIVITIES AND HOMEWORK:

- Activity: The Five Step Formula
- Take the Next Step: Evaluating How You Speak to Yourself
- Take the Next Step: Pulling it All Together

REGISTER TODAY

Only \$138 per person

SEMINAR LOCATION

This online course is available through the Justice Clearinghouse Learning Management System. You will be able to attend the sessions from any internet connected computer.

REGISTRATION PROCESS

Once you enroll, you will receive your login information within 24 hours.

VOLUME DISCOUNT

If you are an Justice Clearinghouse member, or have three or more personnel that are planning to attend, please contact us for a 20% discount code.

CONTACT US

If you have any questions, please contact us at aaron@justiceclearinghouse.com.

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