CONNECTION TO PURPOSE

About Me

I've been creating transformations in people's lives through the healing power of words, ideas and stories since 2009 upon recovery from debilitating PTSD and Functional Neurological Disorder. As a TEDx presenter and keynote speaker for CEO leadership events, like the Young Presidents Organization of America, I've had the honor to deliver programs at UCLA on the subjects of mindfulness, resiliency & goal achievement. Along with my work as a Certified Hypnotherapist, NLP Practitioner, and community activist for Survivors of Sexual Assault and Mothers Against Drunk Driving, I've been given the pleasure of inspiring over 330,000 people for better well being.

My story and life's work have been featured on New Day Northwest, King 5 News, and in Women's Health Magazine. As a professional communicator, influencer and lover of the arts, it's been a pleasure to create this captivating course to teach you how to succeed in life and in business by advancing in the the four key components to emotional intelligence. Currently residing near Seattle, WA, I enjoy traveling, dancing and playing the ukulele. Get to know me better by visiting *KristinRivas.com* or watching *my TEDx Talk*.

Ever wish you had a "How To" manual for adulting…or for life?

Do you know what it's like to feel insecure? Unsure of yourself, your capabilities, or what — if anything — you have to feel confident about?

How about what it's like to feel lost? Like you're not sure what's the "right" decision to make, or the direction your life should take? How you should be spending your time, or what's the next step to get to where you want your life to go?

Or maybe you know what it's like to be afraid of how you feel about something — to the point that you avoid dealing with your feelings because you just don't know how.

Maybe it doesn't seem like it's avoiding your feelings per se but it shows up as procrastination in making a decision, kicking a bad habit, completing a goal, or making a big change in your life.

Maybe you're not sure where to begin. Maybe you don't want to have to deal with the consequences if you do pay attention to what your feelings are trying to tell you.

Maybe you just never seem to have the time — there are too many other important things and important people in your life to take care of.

Or maybe you're afraid of really opening up to yourself and trusting someone else enough to ask for help? You don't want to get stuck in these feelings, but avoiding them makes you feel even more stuck.

It could be this is happening in only one particular area of your life, or maybe it's become a way of life:

problem → stress → avoid

Maybe it's putting off a break-up, a career change, stopping a bad habit, or dealing with a wound from your past. If you're all to familiar with what it feels like to have a lack of confidence, of direction in your life, to pretend there isn't a problem, to distract, to numb out, to put on a happy / strong face hoping you won't completely self destruct and experience a breakdown, or worse — if you've had one already — keep reading!

All of these issues stem from a lack of being connected to your feelings, needs, and personal values or advocating for them in healthy, effective ways. This lack of connection to the purpose of your emotions and your life's purpose can cause a lot of stress and a lot of grief.

Those with high emotional intelligence know how to honor their feelings, needs and personal core values to achieve what they want in life. They take care of themselves and those around them with a greater capacity for empathy and respect. They have a strong sense of identity, confidence and direction.

A lack of emotional intelligence results in a lack of self awareness and self management skills. It also results in a lack of effective communication and "people" skills. When we are disconnected from our emotions and the emotions of others around us or do not know how to handle them in healthy ways, we suffer. Our health, our goals, and our relationships suffer.

For nearly a decade, I have been helping many people who are dealing with the problems I've been describing. Desperation usually brings clients my way. I know the feeling well. It's because I learned how to navigate myself out of that place and prevent myself from going back there that I've been able to accomplish the success I've had in my personal and professional life.

Investment Details

You have options to make sure my course is affordable for your budget. There are two programs to choose from. Both allow you to choose a payment plan or save $50 by paying in full upfront.

- **The Explorer Program** gets you access to all my material for life, and four group coaching calls over a two month time period. If you choose the Explorer program, you can make three monthly payments of $199.99 or save $50 when you make one upfront payment of $549.99
- **The Pioneer Program** includes two private 75 minute coaching calls with me, four additional group coaching calls, access to the online community until March 2019, and lifetime access to any upgrades or additions to my Connection To Purpose eCourse content. You can make 4 monthly payments of $224.99 or save $50 when you pay $789.99 up front in full.
- Remember you can **save an extra $50** by applying the promo code, seen in the last third of my free ***Guideline To Managing Emotions masterclass***, when you check out!

The deadline to sign up is midnight PST September 16th. Because I am including private coaching calls with me as a part of the course, *spots are limited* so **Click Here to Sign Up** *and ensure your spot now!*

If you'll allow me, I'd love to assist you in reducing the effects of stress in your life that result from a lack of emotional intelligence. Not all stress can be prevented, but there are ways to prevent stress from becoming a monopolizing force in your life. There are certain mental, emotional, social, and lifestyle habits that make us more or less prone to suffering the symptoms of anxiety, isolation, and depression.

The first skill to learn is healthy self-awareness. You have to understand the reasons for your feelings and healthy ways of responding to them. Then you must learn to implement these skills until they become automatic — they won't ever be perfect but they can become your new default way of operating. As a result, you'll be more capable and naturally more confident.

Life can get challenging. People can let you down. I want you to know the wounds others may have inflicted on you, the challenges inherent in life, don't have to take you down or cause you to suffer for the rest of your life. You have the capacity to be in control when your life gets out of control — *the potential for your resiliency is beyond your ability to fully understand right now* — take it from me.

Before you can overcome unhealthy habits and ineffective patterns of communication, you have to be able to identify your feelings, needs, desires, concerns, questions, and requests at any given moment. You've got to be able to understand what you're really craving. You have to be able to discern what you're truly needing to do to take care of yourself, and what to say when you need to speak up for yourself. You have to overcome the fears and old programming that would get in your way. You must develop the will and the fortitude to follow

through on doing what's best for you (and others) in those moments. That's where raising your emotional intelligence comes in. It sets a new standard for every area of your life.

What does it mean to have high emotional intelligence?

Simply put, it means you have a good understanding of yourself and others. It also means you have healthy and effective strategies for managing yourself and your relationships with others. It means you have the skillset of capable leader...the skills that clients, organizations, teams and businesses are looking for above anything else.

Data collected, over a decade, from 500,000 professionals shows 90% of top performers are also high in emotional intelligence. On the flip side, just 20% of bottom performers are high in emotional intelligence. The chances of being a high performer without a well developed EQ are slim. Naturally, people with a high degree of emotional intelligence make more money — an average of $29,000 more per year than people with a low degree of emotional intelligence.

The link between emotional intelligence and earnings is so direct that every point increase in emotional intelligence adds $1,300 to an annual salary. These findings hold true for people in all industries, at all levels, in every region of the world. Research hasn't yet been able to find a job in which performance and pay aren't tied closely to emotional intelligence. *(Travis Bradberry & Jean Graves, Emotional Intelligence 2.0, pg.21. 2009)*

The same qualities that would help you lead your coworkers, your teammates, and your community are the same ones you need at home. To be mindful of one's emotions and manage them well makes way for excellent self care. Those with higher emotional intelligence are far less likely to suffer the harmful effects of stress, burnout, fatigue, heart disease, addiction, and obesity. More EI skills contribute to higher quality relationships, career, income, and overall quality of life *(Emotional Intelligence, Daniel Goleman 2005)*. Think about the people in your life that you respect and appreciate the most. Are they easy to get along with? Do they embody any of the following qualities:

authenticity

honesty

grace

care

clarity

patience

self control

decisiveness

Now think about the people in your life who have been the most challenging to relate with… Do they seem prone to poor moods, detrimental habits and a lack of empathy? Do they seem out of touch with themselves and others, or have a poor ability to prioritize what's important? The amount of emotional intelligence skills people possess can make or break any relationship — be it a romantic partnership, friendship, parent and child, or mentor and student.

I'd like to walk you through some of the most valuable lessons I've learned to help you to create meaningful transformations in your life. I'm happy to say that the valuable knowledge, tools, and skills I've learned through my personal and professional experiences to improve my own emotional intelligence are now available to you and your loved ones through an online video course series I've created.

The series is called ***Emotional Intelligence Guide*** and stage one of the journey is called ***Connection to Purpose*** *(ready now)*. This course will show you the purpose of your emotions and how to apply them to your purpose in life. You will get clarity on which beliefs, values, sense of identity, habits, goals and relationships serve you and your legacy. With that clarity, you can create and protect the standards you want in every area of your life.

I've designed my Connection To Purpose (C2P) course to be taken over an 8-week period. Research suggests it takes around 66 days to transform a habit or create a new one. That means no bingeing my course! As much as you may want to 😉! I really don't want you to just buy my course — I want you to methodically review and effectively implement the material as if your life depended on it! I promise to help you follow through with the material covered in this course at an enjoyable, totally doable rate! It won't be just me you can count on, it will be the community we've created together as EI pioneers!

The second stage is called **Connection to People** *(coming in 2020)*. This course will help you improve your people skills and cover what it means to have greater empathy, boundary setting and leadership skills so you have a better ability to influence and deal with others. I've put a lot of care into creating the most engaging course I could imagine and deliver and it is anti-boring in the best way possible.

In My Connection To Purpose Course You'll Discover My…

- **#1 life transforming concept** for managing emotions (i.e., top notch self awareness, self care, authenticity, confidence, empathy and effective communication & leadership)
- **Step by step guides** for dealing with fear, anger, guilt, shame, grief, jealousy & envy so you can live your life in more resourceful states like security, serenity, empowerment, love & gratitude
- **Targeted, powerful and effective exercises** you can use to cultivate your confidence, get clarity, achieve your goals and take control of anxiety, stress & tough moods so you can transform them into useful insights and action steps — I have a plethora for you to choose from!
- **Ridiculously easy, fun & proven techniques** to recover from icky thoughts and challenging moods quickly!
- **Transformational guided visualizations** and mindfulness practices to boost your self awareness, empathy and resiliency
- **Secret sauce exercise** to healing emotional wounds...it's my own special blend of techniques I use personally & professionally to clear the painful, limiting effects from past experiences

All to Help You Create Better...

- **Self Awareness**...if only it sounded as sexy & vitally important as it is — let's call it the gateway skill to all self care. That means avoiding destructive behaviors, living authentically and accomplishing what's important to you
- **Self control** as you learn to manage your emotions & avoid impulsive behavior
- **Healthy habits** proven to reduce and prevent stress, fatigue and poor sleep so you can boost your mood, energy & resiliency
- **Neural pathways to get you out of fight or flight states** — think of them as "brain buttons" to get into your most resourceful states
- **Core communication skills** to help you handle your relationships with the care they deserve
- **Solid confidence** in yourself and the choices you make

On Top of 3+ hours of Professionally Produced Video Instruction (equal to 4 sessions with me)

You'll Also Get These Bang-Up Bonuses

- Lifetime access to the course & any future updates!
- Downloadable C2P workbook ($150 value)
- 4 group coaching calls over an 8-week period ($295 value)
- Access to my Transformational Guided Meditations library ($85 value)
- Access to my Recommended Resources libraries (includes 100s of links to my favorite articles, talks, books & documentaries on relevant topics)
- Access to the EI Guide online community including a Q&A board I will engage with daily (priceless 😉)

When You Sign Up, You Also Get These Bonuses…

- Dream Analysis services by Olivia Goodwin. Decode a dream to unlock your subconscious mind's most mysterious form of communication ($150 value)
- Your very own 75-minute individual breakthrough hypno-coaching call with me! To help you implement what you're learning in the course! ($235 value)

FAQ

How do I know your C2P course is right for me?

Notice if you relate to any of the following statements...

- I think I might be avoiding a big transition / accomplishing a big goal / living authentically.
- My life would transform if I had more clarity, confidence, and courage.
- It's difficult to fall or stay asleep — my mind has trouble "shutting off."
- I'm waking up too early because my mind is already **on;** thinking about something before my alarm clock goes off.
- It's hard to face the day because I'm not looking forward to it.
- I have trouble speaking up for myself, and setting and maintaining healthy boundaries with others — even when I need to the most.
- I get a nervous stomach when I'm stressed — it can affect my digestion.
- I eat, drink or smoke to "deal" with my feelings (avoid them really).
- I don't like being alone — I can easily get bored, anxious or sad.
- Difficult conversations make me freeze, get sick to my stomach, or become super anxious so I tend to avoid conflict.
- Those close to me often ask if I mean what I say, or if I've left something unsaid, as if I'm giving off a vibe that doesn't match my words or I must not be aware of my true feelings.
- Fear negatively impacts my life — I can get anxious about a lot of things.
- I've recently had panic attacks or a general unease due to stress.
- Meditation...sounds painfully boring and it's hard enough for me to focus, why bother.
- My mind tends to ruminate on the past too much, and I don't know how to help it move on.
- I think I might be too busy and stressed to take this course.
- I find myself procrastinating on the things I need to get done — I don't always know why or how to change it.
- I am committed to cultivating constant and consistent attainable growth in my personal and professional life — I'd love to know how I can take my health, relationships and leadership skills to the next level

If one or more of the above statements resonated with you **and** you are motivated enough to devote at least 30 minutes a day, and 4 hours per week for 8 weeks to dramatically improving the quality of your life **and** you would like to engage in a supportive community to keep you accountable to getting the results you're after, then **YES !** My C2P COURSE IS FOR YOU!

Can your course really give me the through breakthrough I'm looking for?

- Because I can't stand not getting my clients results (I seriously hate it) I have done — and will continue to do — everything within my power to help you create at least one major, life changing shift upon completing my C2P course! This is why I've done my best to make it as engaging and comprehensive as possible without making it overwhelming.
- It's also why I've given you two options for experiencing this course.
  - If you know you work well with self directed study and are confident you'll go through my material and exercises at the pace you need, I recommend my **Explorer Program** which gets you access to all my material for life and four group coaching calls over a 2-month time period.
  - If you know you'll need assistance from me in order to get the kind of breakthroughs you're looking for, and really want to ensure your success by staying immersed in the community my course offers, you'll want to sign up for the **Pioneer Program**. It includes two private 75-minute coaching calls with me, 4 additional group coaching calls, access to the online community until March of 2019, and lifetime access to any upgrades or additions to my **Connection To Purpose eCourse** content.
  - I'm including a **free** 75 minute private coaching call with me ($235 value) as a bonus! I don't just want you to invest in your success — I actually want you to succeed and I'm willing to do what it takes to make sure that happens!

What can I expect?

- On day one of the C2P course, I will ask you to let me know what an ideal result — that you are wanting to create in your life from taking my course — looks like. I'll also ask you to choose a habit you would like to start, or keep consistently, from having gone through the course.
- You will also take an assessment at the start of the course which will make clear exactly which specific areas you, as an individual, will need to focus on in order to raise the essential emotional intelligence skill sets you need to get the results you're after.

- These areas of focus will have targeted exercises and transformational guided visualizations/ meditations you can use in addition to the work we do in any individual and group coaching calls you choose to participate in.
- You will also be asked to partner with another student in the course for accountability and support to ensure you get the most value possible from your investment of time and resources in the course.

When will the group coaching calls be scheduled?

- The four 45-minute group calls will be scheduled on the first and third Thursdays of the month over the 8-week period of the course. Participants in the **Pioneer Program** will benefit from four additional group coaching calls which will be scheduled for the first Thursday over the next 4 months.

Will they be recorded so I can access them later if I couldn't listen to the live calls?

- Yes, you will have access to them within 24 hours of the live call.

What if I'm not technologically savvy?

- You'll need to be able to have internet access to login to my membership site and know how to push play to watch my videos, as well as download your PDF exercises and audio MP3s.

I'm offering you a satisfaction guarantee!
So you can be sure my Connection To Purpose e-course is a sound, risk-free investment!

If you've given your best effort to participate in the program and engage with the materials, if for any reason you feel like you haven't received enough value to justify the investment my course required…

- You may submit a refund request to me in writing **within 60 days after the official completion date** of the course on November 17th.
- This refund request must show your honest effort of participation in my course by emailing me the following items…
  - All of your completed PDF exercises.
  - Screenshots showing you have completed watching all of my course video modules.
  - At least 3 to 5 bullet point summaries of each of our group coaching calls attesting to your participation and or review of the material we covered in them.
  - If it applies, list the date and time you used your bonus coaching call with me, and give an update on how you've implemented any action steps I may have recommended.
- You will receive a refund of the money you paid towards my course within 30 days of having received your written request (with **all** of the previously stated materials), minus a $50 administrative fee and the cost of any bonuses you used – such as a coaching call with me ($235), or dream interpretation services ($150), if applicable.