

# SelfX

CONFIDENCE  
AWARENESS  
RELIANCE  
ACTUALISATION

A step by step process to find Purpose, Connection and Excitement



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How to use my **CARA** method to achieve your personal growth & transformation, to give:

Self-confidence,  
Self-awareness,  
Self-realisation and Self-actualisation



In Italian CARA means beloved

In Irish CARA means friend

Discover how to be kinder to yourself



# “Find purpose, connection & excitement again”

There is a lot of fake messaging and offers in the media these days about quick fixes and golden truths. I am not suggesting any personal change is easy or obvious; It takes commitment and effort to transform your life. A combined effort on both your thinking and actions will lead you to the right pathway and to growth.

How did you get here?

Did you make conscious decisions at every stage?

Did you check in with what is important? Or did it just emerge and occur?

Perhaps you did have a plan and it worked out... but no longer feels right.

Possibly you just ended up where you are.

Either way there is a process to find out what is next, and make sure it is right.

**Follow this approach to get in touch with your beliefs and what excites you:**

- Dig deep and understand what you care about.
- Discover your core values, then create a vision, mission, and purpose.
- Ensure you are not in regular conflict with your values.

**Having tried and tested the approach I created the model ‘My beautiful ocean’**

There is a nuanced method to get this right. It is here you find your calling and passion.

The benefits are numerous; you become more centred, engaged, motivated and energised.



# Sam: Your Self Awareness Model



So how does all this fit in with personal growth? Change requires an open attitude to learning and development; this applies both to specific skills and qualifications and also to personal development.

To get fast change in your life and create belief and certainty, you need to develop a structured plan – but ahead of that it starts with the mind.

Focusing on your self-awareness and personal needs will give you broad by-products across many areas.

## Here are some questions for your reflection:

How can you support yourself by developing self-awareness?

How can you make yourself happier by understanding negative thoughts and challenging them?

Can you better understand how your mind works and start thinking about your thoughts?

Can you understand your thoughts and consider how well they serve you?

Would you ask yourself “How does this thought make me feel?”

How can you learn to use your singular human ability of consciousness?

Your actions create your results but it all starts with the mind and your feelings.

**You can learn how to stop and influence your thoughts and feelings to better serve your purpose and your goals.**

**That is huge, That is growth.**

Knowing others is intelligence.  
Knowing yourself is true wisdom.  
Mastering others is strength.  
Mastering yourself is true power.

Lao Tzu



As I set about building a model for personal growth I focused on the importance of it being **Self-driven!**

Self-confidence was always an obvious focus. Over time I have realised the importance of Self-awareness and your thinking. Coaching at more advance levels, I now see, how Self-reliance keeps clients on track for implementing changes. The point where it changes from ideas to action. If you know anything about Maslow you will understand that Self-actualisation means reaching your potential in a way that is completely true to yourself.



### Self-confidence

Really get to know yourself and feel proud and excited about your strengths and purpose by developing your personal brand for passion, belief and huge energy.

Start your progression by creating a positive platform of where you are now. Build a personal development mindset. You will explore exciting new career options with no limitations.



### Self-awareness

You know who you are and what you want. You know how to be resourceful in moments of choice and have your own back with your thoughts and emotions.

You understand your core values and how to be true to them.

You create energy from this authentic connection

You are aware of your environment and how to read it and use it to your advantage



### Self-reliance

It is all very well having the belief and awareness but if you have no commitment and can't make decisions a big life change will be a challenge.

I will coach you how to work around distractions, how to build a detailed plan and to stick to it with huge focus.



### Self-actualisation

You will finally see everything you are capable of and belief that it will come to you in time. You will be aware of the pathway, and the barriers and how to navigate them successfully. You will bring behaviours into your life which create the potential you seek for yourself and those around you.

#### Typically, people don't try things because:

- They don't believe they will be successful → Confidence & belief
- They don't know how to → Awareness & planning
- They don't see the value or prioritise it → Awareness & focus
- They can't find the time → Reliance & ownership

...Solved!



# Setting powerful goals

OK, here is another top tip for you to take away. Use my **DRIVES** method to build a goal which is well-formed and rock solid.

## Test the goal!

**Detailed** – Does the goal give specific dates & outcomes?

**Resources** – Do you have everything you need?

**Impact** – Will it really give you what you want?

**Vow** – Are you able to commit strongly?

**Energising** – Does it make you feel huge excitement?

**Situation** – Does it fit into the context of your life?

It is not just about being on a meaningful road. As you set out to explore your options, the first and best advice I can give you is to focus on your self-belief. Once you recognise everything you are capable of, the options will present themselves.

If you then look within for what you care about and try and capture some of it in your plan, it's far more likely to succeed.

Maslow said “What a man can be, he must be”  
Self-actualisation is the realisation of one's full potential as one's true self.

# The Self- X Coaching Programme

To achieve a personal growth there are a host of considerations.

**To guarantee..**

**Direction, Drive and Delivery of your potential follow the CARA method.**

I will hold your hand through the steps and the entire process. You will gain clarity and build with your Self-Confidence, Self-Awareness, Self-Reliance and move towards Self-Actualisation.

Using both my proprietary coaching models and tried and tested models from other experts in self-development I am so confident the outcome will be fantastic for you I offer a money back guarantee.

**What will following the Cara method give you?**

- ✓ You will understand yourself better than ever.
- ✓ Next you focus on building confidence to make changes happen.
- ✓ You take time to work through all the practical considerations addressed in a week by week plan.
- ✓ We will uncover powerful coaching techniques to create your best future.

Module	1/2	3/4	5/6	7/8
<b>Self- X focus</b>	<b>Awareness</b>	<b>Confidence</b>	<b>Reliance</b>	<b>Realisation</b>
<b>Coaching elements</b>	Personal brand Self-development foundations	Self-development progression Taking Action Bulletproof confidence	Goal setting Leveraging luck Overcoming barriers	Commitment Future thinking Visualisation
<b>Advisory elements</b>	Importance of grounded approach	Thinking exercises Time management	Realism of goals Planning Accountability	Gaining support Using your network
<b>Outcome</b>	<b>Direction</b>	<b>Drive</b>	<b>Delivery</b>	<b>Implementation</b>
<b>MODELS</b> ⊙ MM Transformational ● Non-proprietary	⊙ SAM ⊙ My Beautiful Ocean	⊙ DRIVES 2020 ⊙ Awesome failure ⊙ WARP speed	⊙ Success formula ● PAID ● Elements	⊙ Detailed Planning ⊙ Future thinking ● BEDOAR

# How can I help?

(said the cheesy guy in the life coaching t-shirt)



**I do practice what I preach,  
so I have defined my vision too!**

( ...and a mission, purpose and values!)

Fundamentally as a coach, part one of the principles of my vision – which sits above making money – is that I am here to serve. This means providing reports like this and sharing information for free. Sure, in part it is a marketing tool, but I have set up my business to offer different options to support people from free, to affordable, as well as more high end options with more support. This way you can choose the option which best suits your needs.

**My Vision is:**

“To create new energy, belief and power for individuals. Offering both free material and affordable great value options for personal growth. To develop a community who support one another and who feel excited to interact and share their progress and stories.”

## Self-X

My core course for personal growth – this course is 35 days and run completely online by video call and webinar. I post all the content on the members' hub. You get all the training on direction, drive, and how to deliver your change. We then work on implementation. There is tons of support on weekly calls and within the course community where we share and work together during the course, and for 30 days after the course.

## Inner circle ++

All the benefits of Self - X are included. Inner Circle is for anyone who wants additional support. We have ongoing calls twice a month, access to a private inner circle slack group, face-to-face meetings, talks from other coaching experts and access to other resources.

## Individual client

This is where we work closely and deeply together. You get plenty of one-to-one time and I support your discovery, goals and implementation as a coach and mentor. This is a premium option and I agree the package with you on a personalised basis.



# About Miles Mather

**I have worked as a procurement contractor, delivering change management with a successful consultancy business called The Advertising Value Partnership since 2007, with 15+ blue chip clients.**

I have now been working for three years as a professional life coach. I studied initially with UK Public College to gain an LC Certificate and more recently with Transcend International for their Advanced Certificate of Professional Coaching. This course is accredited by the International Coach Federation and European Coach and Mentoring Council. Transcend train in a deep transformational approach, focusing on self-development and long-term meaningful change. I am already well into gaining my 500 client hours to complete the advanced accreditation. In October 2019 I completed my Group Coaching Training certification with Transform. I have a qualification from the Nutrition Academy in Applied Nutrition and Supplementation and an elective on Behavioural Change for Weight Management. Much of the work I do draws on principles from psychology and cognitive behaviour.

I am father to three children aged 2, 4 and 7 years old and have been married to Emma for 14 years. Our 2 year old Ozzie spent much of the first months of his life in intensive care and has a number of ongoing medical conditions which have led to many challenges to overcome for the family. The family have drawn on this negative experience and adapted and taken strength and personal growth from it.

I used to be very overweight and unhealthy. Nine years ago I lost the weight and kept it off. I regularly complete in ultra-marathons, some of which have been 100 miles or over 24 hours non-stop. I have completed over 30 triathlons with a few podium finishes.

As a coach, I have a number of specialist areas including: creating confidence and energy for change and taking action, career change and entrepreneurship, weight loss health and fitness, and reducing drinking. 2019 marks my second full alcohol free year (not consecutive!) and I am in the shape of my life at 42.

I deliver individual coaching from a barn in my garden in Farnham, Surrey, or by video call. I also have a joint venture with a partner Richard, who I worked with previously when consulting at Bicester Village. This business is called Ignition.

This coaching and advisory service provides support for start ups and small businesses undergoing professionalisation and comprises 50:50 coaching / consulting support. Through a separate business called Transform Coaching, I offers life and executive coaching to corporations focused on investing in employee well-being.



## Next Steps

To find out more about the courses on offer and to have a no commitment 30 minute one-to-one chat on the phone, book at [www.bit.ly/bookcallwithmiles](http://www.bit.ly/bookcallwithmiles)  
Or text me on: **07973 490471**.

If we schedule a call I am always happy to try and give you some support.  
If we both want to work together that's great; if not that's fine too.