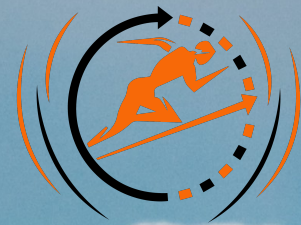


BULLET PROOF LEADER

Program Outline

Program Length: 12 months



Bulletproof Leader
IT ALL BEGINS WITH YOU



A person wearing a red jacket, black pants, a black cap, and a backpack is standing on the edge of a dark, rocky cliff. They are looking out over a vast landscape under a bright blue sky with scattered white clouds. The person's shadow is cast on the rock they are standing on.

A PROGRAM LIKE NO OTHER

Modern day health, fitness and wellness programs are proving to be inefficient when considering the needs of modern day clients. They are falling to adapt to a new world and new way of learning and implementation.

Now, more than ever we need an upgraded level of program that will take into the account the needs of the client but also provide an adaptable pathway that can be assembled and reassembled as required.

The Bulletproof Leader program is such a program. Moving away from the traditional linear curriculum model of A, B, C learning, this program treats you like the adult you are, providing a spherical method of training that allows you to construct your own program, from the modules provided, based on your current requirements.

This permits you to focus on the areas most important to you at that time before selecting the next area of focus with the option to revisit any module as, and when needed.

In truth, you lead the way.

THE 7 ASPECTS OF HEALTH, FITNESS & WELLBEING

The program moves through seven fluid components we call the 7 aspects of health fitness and wellbeing taking into account areas highlighted in lifestyle medicine as the necessary components of a healthy, vibrant life.

Yet, it's more than that. This is about you taking self ownership and shaping your own path. This is about you realising your own potential through your own actions.

Ultimately the program, and the modules contained within it, are there as building blocks designed for your personal empowerment and growth in personal awareness.

This is not a journey of teacher and student. It is a journey of mutual growth, respect and understanding between facilitator and client that leads to remarkable outcomes in health, fitness and overall lifestyle quality.

This is a program for the modern age. This is the Bulletproof Leader Program.



THE GATEWAY

MINDSET

The mindset module is the gateway to the entire program. It is essential that this module comes first to ensure we prepare the mind for the journey ahead and establish principles and core values that will carry you far within the program, and in life.

As the mind is the gateway to a fruitful life, so to this mindset module the gateway to success with this program.

The topics include:

- Introduction and on boarding
- Introduction of mindset principles
- Routine establishment
- Developing a personal vision
- Habits know-how





MODULE

EXERCISE

Within this module we will discuss the fundamentals of exercise necessary to build a platform for a fit and healthy body. Cutting through the fluff and getting to the raw essentials required to develop a good understanding of exercise and its components, this module offers real and tangible information for you to action immediately and reap the benefits for years to come.

The topics include:

- Exercise, activity and movement
- Total body resistance training
- Endurance training (inc.zone training)
- The F.I.T.T. principle
- Mobility and flexibility
- How to construct a solid program (inc.rest)

MODULE

NUTRITION

Nutrition is an essential, but far too often, dismissed element of health. Unfortunately, healthy nutrition is often associated with diet and diet is always associated with restriction.

In this module we take a different approach, introducing you to a way of eating that nourishes your body so it may flourish, with bite size segments for you to digest.

The topics include:

- The importance of plant rich nutrition
- Understanding cal in v's cal out
- Macronutrients
- 7 day detox
- Easy at a glance guides
- Meal plans and recipe books





MODULE

STRESS

In this module we take a closer look at stress and the impacts this phenomenon has on you and your daily life.

Stress is something we all have to live with. However, it is not something that has to rule your life. Armed with the right tools and understanding you can transform this area of your life. The topics covered in this module will allow you to do just that and take control of what for many, can be an overwhelming experience.

The topics include:

- Understanding stress
- Understanding tension in mind and body
- Gratitude
- Meditation

MODULE

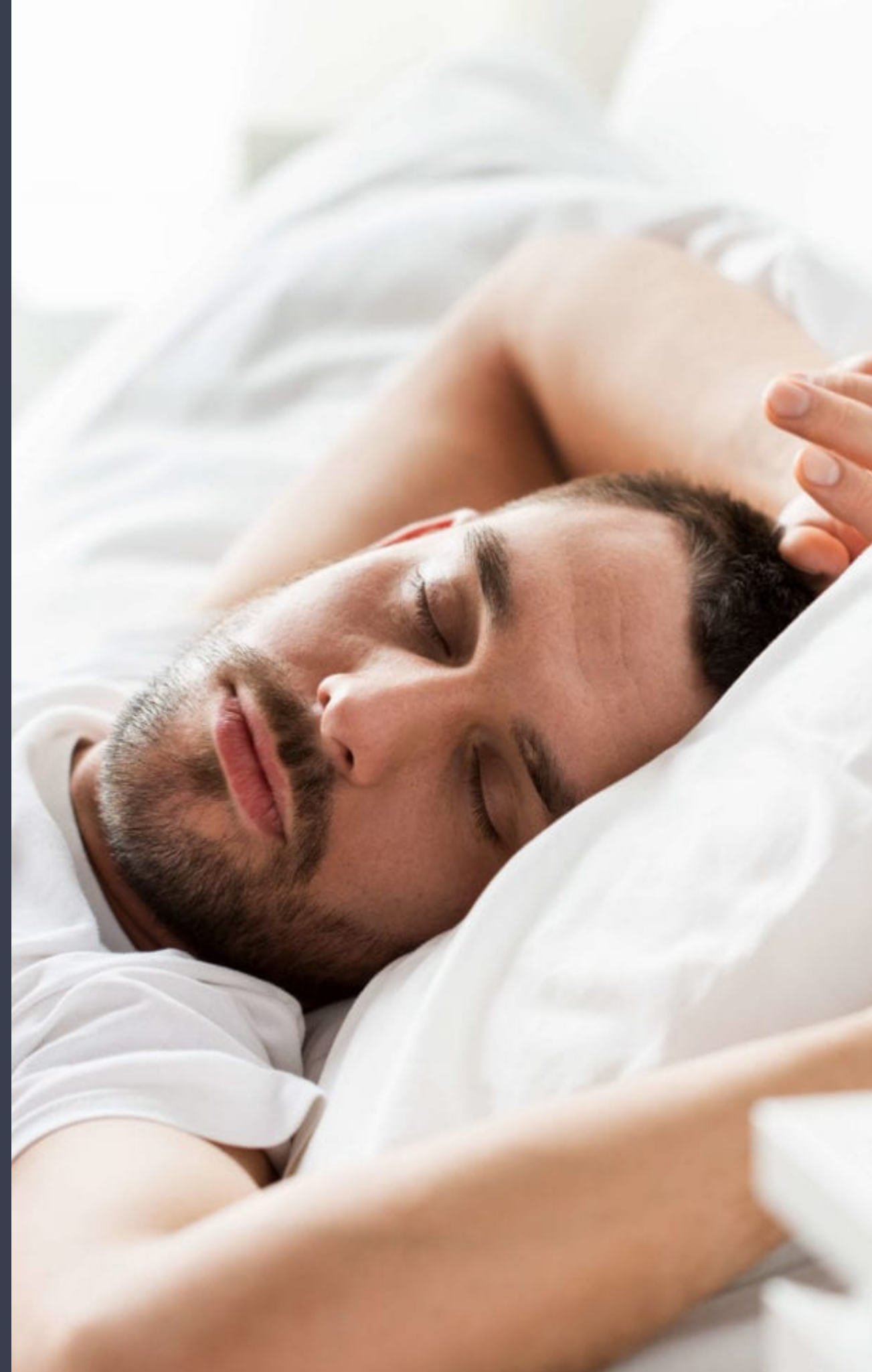
SLEEP

Sleep, we all know we need it but so many people simply do not get enough in order for their bodies and brain to repair and heal.

Within this module we take a deeper look at sleep, why it is important, the affect this has on your mental and physical capabilities and how to take the steps required to ensure a healthy return to normal sleep patterns.

The topics include:

- Why is sleep important?
- Physical and mental affects of sleep deprivation
- How to restore sleep patterns





MODULE

RELATIONSHIPS

We cannot operate in isolation. We are social animals. As a result, we have to form healthy relationships both with others, and, with ourselves in order to survive and to function optimally.

In this module we will take a deeper look at the different types of relationships you will experience in your life, consider deeper relationship understanding and how to build fruitful relationships both with others and yourself.

This knowledge will place you on the path to deepening or restoring any relationship in your life.

The topics include:

- **The 4 types of relationships**
- **The 5 aspects of healthy relationships**
- **Tips for building a healthy relationship with others and yourself**

MODULE

SUBSTANCE ABUSE

Be it alcohol, smoking, gambling, food, or a multitude of other vices, so many of us have developed reliance on certain substances or activities as a way to cope with, and escape from our lives.

They have become solutions to our own unique set of problems and for many, have become habitual in nature often presenting further problems.

In this module we take an in depth look at this topic, it's drivers and considerations for tackling this issue head on.

The topics include:

- What is substance abuse
- What is a substance abuse disorder?
- What are the major causes of substance abuse?
- How to tackle substance abuse





SELF OWNERSHIP & SAFETY NETS

As with any program there needs to be a system of self ownership and safety nets included to help you take ownership of your own program and to support you in tough times.

Our self ownership tools and safety net support include:

- BPL Journal
- BPL Program Workbook and coaching program
- Bulletproof Ledger
- Community Support
- Coaching Support
- Outreach Program
- Medical & Allied Health Support

REGULAR REVIEW

At the end of each quarter (as with the end of each week and month) we review the previous period. We look at what went well, what was achieved, what was learned and what needs to be adapted to reach your goal.

This process of review, refine and respond is a process used from day to day, month to month and quarter to quarter. This retrospective learning forms a fundamental part of the accountability aspect of the program.

The topics include:

- Review of the previous quarter
- Review of personal vision
- Review of the 7 aspects of health and fitness
- Refinement of goals
- Reverse engineering your goal within the focus module of choice

