



HELLO! & WELCOME TO THE CONSCIOUS LEADERSHIP PROGRAMS!

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PRICING

Conscious SELF Leadership Program with Direct coaching by Barbara	\$ 2,750
Conscious SELF Leadership Course: Self-administered	\$ 495
Conscious LEADER-ship Program for Leaders, Organizations, Business Owners	\$15,000
Part I of the Conscious LEADER-ship program can be taken as a Self-administered Course	\$ 3,750

MAIN PROGRAM SUMMARIES

Conscious SELF-Leadership

This program is geared to getting you on track to figuring out your life purpose, that is, Defining it with as much clarity as is possible. This is the 1st of the MUTEDZI 3D protocol that we use: Define. From there, we start to Design or create a roadmap for the life that is aligned to this purpose. Then we actively align our habits and behaviors in a way that helps is **LIVE A LIFE OF & ON PURPOSE** in all areas of our lives. We get you on track to living a higher more conscious life. This program is available as Direct Coaching with the Coach, or as a self-administered course. Link to course: <https://coursecraft.net/courses/z9VN3>

Conscious LEADER-ship for Leaders, Organizations, Business Owners

Part I, is curated to produce higher level, higher performing leaders, with strong management and leadership skills, but well on their way to **BECOMING LEADERSHIP ITSELF**. Not just a general leader, because anyone can do that. We work at actively increasing self-awareness, resulting in high levels of emotional intelligence, as we begin to cultivate emotional agility. All areas of their lives, are the 'classroom' to the program. This can be delivered with direct one on one coaching to both individuals and groups. This Part I of the program is also available as a self-administered course: <https://coursecraft.net/courses/z9ZNT>

Part II of the program will see participants actively and consciously **EMBODYING LEADERSHIP ITSELF**. It not only frees up even more time for leaders to focus on helping those they lead, to flourish and contribute at higher levels, but with high levels of self-awareness, emotional intelligence translated into emotional agility; it actively cultivates an inclusive, collaborative and growth mindset that is set within their own internal and strong foundation. The process I use and take, is a deeply ingrained process of literally rewiring our minds and brains for higher performance, whilst deeply connecting to the Divinity within all of us, for authentic groundedness. This part of the program is delivered to Individuals and groups

PRESIDENTIAL Conscious Leadership for national & regional leaders

A higher level conscious leadership process for those in national office and leading on multiple platforms. More information supplied at consultation. Coach approval is required to sign-up.



OTHER COACHING PROGRAM
 People + Performance = Purposeful Profit

SPECIALISED	RESULT	Stage	Pricing
Building your Business For Entrepreneurs	A strong business strategy agile and flexible with changing market needs, with in-built and simplified monitoring, evaluation and performance tracking. Link: https://designyourlifefoundation.com/building-your-new-business/	Foundational Social media	495 295
Yoga & Mindful Meditation For Any & All	Information available on inquiry: At the moment, there is Yoga for Adults, Yoga for teens, Mindful Meditation workshops and Mind, Body & Soul retreats.		
Sports High Performing Mindset For Sports Persons	Up-leveling your performance by harnessing the power of your mind to increase and sustain high performance through 5 main areas of your holistic wellbeing. The result is improvement on performance; reconnection with your inner strength, esteem and confidence; creation of a holistic support system; identification of, and addressing emotional and performance fears; focused clarity around long term holistic goals; team cohesion & camaraderie. Individual packages include: 1. Introductory: 3 x 1 hour sessions over 1 month 2. Short term: 6 x 1 hour sessions over 2 months 3. Medium term: 10 x 1 hour sessions over 3 months	Introductory Short Medium Long	675 1,575 2,500 TBA

PRODUCTS	DESCRIPTION	Pricing
DYL Diary	TBA	TBA
Books AUTHORED by Barbara Available on Amazon x 2	1. Am I Insane, Black or Just a Woman 2. Advocating for Children & Adolescents Living with HIV in Harare, Zimbabwe	AMAZON AMAZON
EBOOKS authored by Barbara Available for download	1. Making time for Practice Conscious Leadership with Barbara Mutedzi 2. Making time to Figure out and Live your life purpose 3. Cultivating Self-Leadership: A collection of 25 articles & exercises 4. Transitioning from an 8 to 5 full time job to running your own business Link to above eBooks: https://designyourlifefoundation.com/e-books/ 5. Link to complimentary book on Organizational leadership: https://mailchi.mp/4abe0a8484d8/updatesfrombarbara	9.95 8.95 7.95 6.95



OTHER COACHING PROGRAMS

COURSES	FOR	RESULT	COST
Basic Finances	Young people & professionals starting out; and or Seasoned professionals needing a reset Can be available on the links supplied on the right, or as Email-based courses	Putting your financial house in order, with exercises that highlight and address where you are now, whilst creating a financial blueprint to get you to where you need to be. The link to the course: https://coursecraft.net/courses/z9VPX	99
Developing your career mindfully		This course points you in the direction of where you would like to go by asking you to answer questions that make clear, your short, medium and long term goals aligned to your career development. From there, the course material asks how you are going to attain these so you can start working toward them as you engage with it. At the end of it, you will have a clear career development process to follow: https://coursecraft.net/courses/z9ZNV	99
Consciously managing your time, planning & goal setting.		As you begin this course, the assumption is that you know what your goals are, and are seeking help in planning them as you manage your time. Where you may not know what your goals are, illustrations and examples will be shared. However, in-depth exploration can be learnt through the Self leadership course on Page 1. In the meantime, here is the link for this course: https://coursecraft.net/courses/z9VPW	99
CV & Cover Letter writing with Interview skills		This course is specifically curated for those completing high school to recent university and college graduates – however, life lessons intertwined within the text are universal across ages and gender. Course link: https://coursecraft.net/courses/z9SKQ	99

EXTRA	PROCESS	COST
Book Coaching Club Level I	Level I is linked to 5 books on key aspects of personal development & success. Level II on 6 books that help you tap into your inner & higher power.	475
Book Coaching Club Level II	<p>With the selected books, you read the designated 1 to 2 chapters of the day; you share what you have learnt from the subscribed chapter for that day; and you share one action step you are going to take toward your goals each day. All before 8am.</p> <p>The differentiation factor is that I, your coach will (a) share a teaching form the daily designated chapter / s of the day and (b) provide you with coaching advice on each action step you will take that day. Link for more information: https://designyourlifefoundation.com/bookclub/</p> <p>Here is a link to a complimentary book that you can start on at any time. You can do it at your own pace, with no feedback from me. The book is on basic finances, told through a story of a Nigerian group of women friends. It's fun and engaging, whilst also full of lessons around money and quality of life. Do sign up and continue growing: https://coursecraft.net/courses/z918R</p>	575



MAIN CONSCIOUS LEADERSHIP PROGRAMS!

Conscious **SELF-Leadership**

This program is geared to getting you on track to figuring out your life purpose, that is, Defining it with as much clarity as is possible. This is the 1st of the MUTEDZI 3D protocol that we use: Define. From there, we start to Design or create a roadmap for the life that is aligned to this purpose. Then we actively align our habits and behaviors in a way that helps is **LIVE A LIFE OF & ON PURPOSE** in all areas of our lives. We get you on track to living a higher more conscious life. This program is available as Direct Coaching with the Coach, or as a self-administered course. Link to course: <https://coursecraft.net/courses/z9VN3>

Conscious **LEADER-ship for Leaders, Organizations, Business Owners**

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Let's engage.

Schedule a call with me here: <https://calendly.com/bmutedzi/20minute>

Or email me here: designyourlifefoundation@gmail.com