

# Rise & Thrive



ARE YOU  
READY FOR  
THE BEST 7  
MONTHS OF  
YOUR LIFE?

# WHAT IS IT?

EXPERIENCE BASED ON  
THE #1 BESTSELLER,  
WRITE YOUR OWN  
STORY  
THREE KEYS TO RISE &  
THRIVE AS A BADASS  
CAREER WOMAN



It's a 7 month experience for 7 high achieving women to ban burnout, build community and boost their business with monthly one-on-one coaching and a monthly group session. The 7 months build to an event called Stand Tall in Your Story on March 8th for International Women's Day. Each woman takes their story to the stage in a 7 minute TED-like talk.

[Click to  
Schedule Your  
Info/Interview](#)

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# THE RISE ...

This experience takes you from searching for the answers to asking yourself the right questions to know what's best for you, personally and professionally.

... from trying to please and fix everyone and everything to standing confidently in your unique gifts and talents ready to serve.

... from trying to live by a list of 'rules' and societal expectations to writing your own story.

# & THRIVE

... from a striving battle trying to control everyone and everything to thriving.

did you know the definition of strive is battle and conflict? We're moving out of the battle into thriving. The literal definition of thriving is to grow, prosper and flourish.

... from burnout to badass.

## WHAT DOES IT MEAN TO BE A BADASS?

She's got skills and a desire for excellence..what makes her different and quite frankly slightly intimidating....she knows who she is Intensely Self-Aware. She's boldly confident.

A badass says,

**“I'm here. I'm confident. I'm so confident in myself, I'm able to be vulnerable to connect with you, to ask for help, to serve you.**

**THRIVING NOT STRIVING.**



**REBECCA  
FLEETWOOD HESSION**

THE BADASS BEHND IT ALL

Author of bestseller Write Your Own Story -  
Three Keys to Rise & Thrive as a Badass Career Woman

With nearly three decades of experience, a \$35M sales track record, a popular TEDx talk, a best-selling business book, and 15 years in the esteemed President's Club at FranklinCovey, you could say I've lived a little.

I've also navigated divorce, co-parenting, raising a couple of amazing humans, including one with ADHD, and launching a business. What I know to be true in all of it, there's always head trash, our uniqueness matters most, business is human, and striving and comparison are dream killers. I'm most alive when I watch my clients come alive, join a community, and thrive. There's this "look" when they're thriving as their most authentic self. Their eyes sparkle, they stand taller and they laugh way more. It's badass.

I'm here for it.

# YES, THESE ARE HEFTY PROMISES, HOW DOES IT WORK?

## REFLECTION & CONNECTION

A team of Thrive Guides are here to hold up the mirror of **Reflection** to help You See You.

Then, standing alongside you in **Connection** as you navigate the shift from old patterns into a new bold, and flourishing way of life and work. A life you choose, learning to trust your Inner Thrive Guide.

The ongoing journey of Reflection & Connection happens with the women in your season. You'll walk away with a whole new group of powerful women in your corner. These are women you can trust, who will be there to support you and lift you up in beautiful support way past your 7 month experience.



# Business is *Human*<sup>TM</sup>

**Control**  
**Measure**  
**Optimize**

*Personal*  
*Emotional*  
*Social*

The needs are both critical, the needs are different.

We focus on meeting our human needs first, then bringing our badass bold self in to serve the business needs ...with great intention, focus, and ...boundaries.

# YOUR THRIVE GUIDES

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**REBECCA  
FLEETWOOD HESSION**  
THE BADASS BEHND IT ALL



**ALEX PERRY**  
THE FRONT ROW FAN



**ELIZA KINGSFORD**  
THE NEURONERD



**ALISSA TEAL**  
THE REBEL

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# YOUR THRIVE GUIDES

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## **Alex Perry**

Author of *Minivan Mogul: A Crash Course in Confidence for Women*

Taking you by the hand, helping you to prepare, then leading you onto the stage to Stand Tall in Your Story at the celebration event on International Women's Day, March 8th. Alex works with TEDx speakers and business leaders. After spending two decades as a Speech-Language Pathologist, she founded Practically Speaking. She blends science and a love of storytelling to deliver a genuinely unique approach to communication and public speaking.

## **Alissa Teal**

Author of *Rebellious Resilience - Find Your Worth, Find Your Way*

As a resilience coach Alissa believes you can't find your way until you know your worth and luckily we all have the capacity to change. Alissa is one of only 600 people in the world certified to teach Brene' Brown's Dare to Lead™ course. As one of your Thrive Guides, she brings courage and rebellion to your leadership journey as she teaches Dare to Lead and Rebellious Resilience.

## **Eliza Kingsford**

Author of *Brain Powered Weight Loss*

Eliza helps you navigate the stress of a high achiever. She walks with us to understand the science that governs our daily patterns of behavior. She teaches "why we do what we do"... and ....why we don't always do the things to get the results we really want.. Eliza is passionate about health, wellness, and body image to help us be our bold and confident best selves.

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# RISE & THRIVE

## The Conversations.

Each month we will cover a variety of topics;

- Learning to navigate uncertainty
- Intense self-awareness, knowing your unique gifts and talents
- Using your lifetime of experience intentionally to serve others
- Adopting a healthy and prosperous money mindset
- Directing our time to the money-making model of our business
- Changing the way you see and deal with stress
- Leading with courage

## The Alums.

As each season graduates, they join an active Rise & Thrive Alumni group committed to supporting each other and the Indianapolis and surrounding communities. Together really is better. The alumni group has bi-annual retreats and monthly gatherings.

## What's Expected of a Rise & Thrive Participant?



You arrange your calendar to be at all sessions. This is like a team, if you don't show up to play your position, the team is impacted.

You treat Rise & Thrive like the safe place that it is, everyone's story is safe with you.

You're willing to invest your dollars and have your company invest money into your life and career just like the money you spend on your kids activities or designer handbags. You've decided you're worth it and deserving.

By Month 2, if any one of the other participants from your season knocks on the door unannounced, even if your kitchen is a mess and there's dog hair everywhere, you open the door with no shame, just love.

## WHO IS IT FOR?

We recognize it's not for everyone, that's okay.

It's for a woman that career is a significant part of her purpose; she loves to work, and she wants to make a difference.

And after some degree of success, it just doesn't feel like she thought it would.

She's making decent money, she's got a title or a team she's proud of but has this ache there's got to be more. More meaning, not just more meetings.

She's thought about going back to get another degree or maybe just quitting it all to go braid hair on the beach. She's searching, not sure what she's searching for.

We know she's searching to find her authentic badass self.

For some, it's just damn lonely leading a team or a company, she needs a community she confides in

We find it better to see if any of these statements resonate with you. It's not really about your title, your industry, how many employees your company has or how much revenue, it's about you.

We want our Rise & Thrive participants to boldly impact their companies and their communities.

"I'm not sure I have  
time for this."

Said every High Achieving Woman

"I'VE WORKED HARD TO  
CREATE AN EXPERIENCE  
THAT IS HIGH IMPACT  
AND INTEGRATES INTO  
YOUR REAL LIFE."

Rebecca

Time commitment  
averages to 8 hours  
per month

**Kickoff Retreat**

September 29, 2022

Starting at 2 pm, overnight Thursday to  
Friday, September 30th until 4 pm

**Monthly one-on-one coaching sessions**

with Rebecca-virtual - you schedule to  
meet your needs.

**Monthly group in-person sessions**

3rd Thursday of each month

October through March

1 pm to 5 pm

dinner is optional each month

**March 8th - International Women's Day -**

Stand Tall in Your Story Show

11 am to 10 pm

**March -Three, 3 Hour virtual sessions**

Dare to Lead™ training

Candidate  
Interviews  
May 2022

Season 4  
Participants  
announced in June

You'll  
have the  
summer  
to read



# RISE & THRIVE

NOT JUST GOOD FOR HER;

GOOD FOR BUSINESS

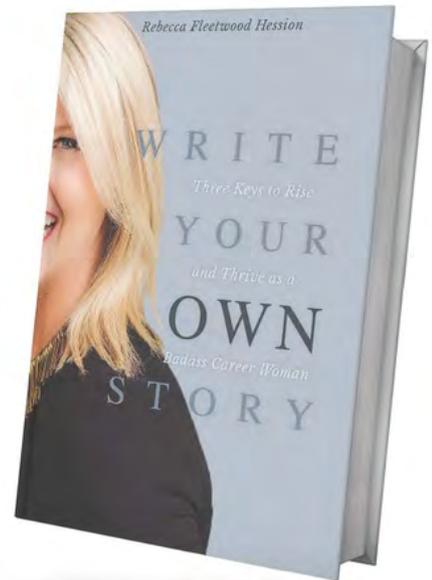
Bolstering female leaders isn't just the right thing to do -  
It's essential for your business to succeed in today's world.

**Rise & Thrive Indianapolis** is designed to ban burnout, build community and boost business for high achieving women.

Created by **Rebecca Fleetwood Hession**, bestselling author, podcast host & CEO of **WEthrive.live**.

## THREE KEYS TO RISE & THRIVE STORY. MONEY. RHYTHM.

- Mindset
- Confidence
- Authentic Relationships
- Bold Decision Making
- Business Acumen
- Build a Human First Culture
- Courageous Leadership
- Engagement
- Prioritizing the Bottom Line
- Managing Stress
- Navigating Life's Priorities
- Executive Presence
- Storytelling
- Honoring Boundaries
- Increasing Influence



After a transformational 7 months, these 7 women will take their stories to the stage in a 7 minute TED-like talk on International Women's Day.

When we stand tall in our stories, we lend confidence to others to do the same. These women will be representing their story and your company at the annual Stand Tall in Your Story event.

Your company will celebrate International Women's Day on March 8th by attending live or livestreaming cheering for your bold female leader.

## Still wondering if this is for you?

### Check how many resonate for you.

- Has or secretly wants a mantra tattoo.
- Has or desires the confidence to speak their heart and mind.
- Willing to walk the wrong way down a one way street to get there faster or take a more scenic route.
- Has a DIY or “I can figure that out” mindset about pretty much everything.
- Has a thought bubble over your head that would read, “I love you. I want to help you, but if you hold me back I also want to tell you to f\*ck off.”
- You’ve had career successes, achieve all the goals and your still longing for more or they don’t ever feel as good as you thought they would.
- Your nightstand is a mix of books on self help, murder stories, and spiritual guides. Also, snack wrappers and 3 different journals; one you started, one that’s too pretty to write in and another you hate but it was a gift so you can’t throw it away.
- Cries watching some TikTok videos or reality tv but also immediately cusses at a kid or the dog then feels guilty because deep down you know it’s because you’re tired, hungry, stressed or all three.
- Will laugh hysterically at a friend that falls down walking across the street but will also smack the crap out of someone else that makes fun of the same friend.
- You’ve said yes to something and regretted it immediately.
- You get energy from people but also need to ‘not people’ sometimes.
- Signs up for another 5am bootcamp class when they really need a snack and a nap.

- Carries all the grocery bags in with one trip no matter how painful .... There will NOT BE ANOTHER TRIP.
- Openly or secretly wants more influence in the world.
- Has spent a weekend or more buried under a pile of blankets with a jar of peanut butter and Netflix because of a career or a life failure.
- Wants friends and connection but wonders if it's worth it because who has time for that.
- Despises small talk. (see above)
- Will gladly pay for the kids class party just to NOT have to bring in snacks or show up for crafts.
- You aren't competing with other women, you want us all to win. Also doesn't tolerate whiners or mean girls.

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**WE LOVE YOU AS A BEAUTIFUL HUMAN AND YOU'RE PROBABLY NOT READY FOR RISE & THRIVE IF ...**

- You only want to participate to be on the stage.
  - You're okay wearing the race shirt for the 5K you signed up for but didn't actually run.
  - You think it looks cool, but you're not sure about the self-reflection and journaling stuff. If you're honest, you really just want to be tagged in the posts with other cool people.
  - You're looking for a resume builder.
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## INVESTMENT

June - Deposit to hold your Season 4 spot - \$500  
September Invoice - \$6,100  
January Invoice - \$6100  
March Invoice - \$1200

Total Investment - \$13,900

A September and a January invoice gives your company the opportunity to spread this over 2 calendar year budgets.

Some participants have their company sponsor their tuition.

We ask the participant to pay the \$500 deposit and the March \$1200 invoice.

We find there is an increased commitment when your own money is invested. We want to shift the mindset & encourage women to boldly invest in themselves.



**REBECCA FLEETWOOD HESSION**

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