



The C.E.O. Mindset

- ***Are you an Executive in need of developing additional skills to enhance your career?***
- ***Do you want more time with your family? More satisfaction from your job?***
- ***Is there an important goal or "bucket list" item that keeps getting pushed aside year after year?***
- ***Do you miss having time to enjoy a night on the town with friends?***
- ***Does the life you want include a better relationship with your spouse? A trip to Europe? A wildly profitable business?***

Your life is full of possibility.

Unfortunately, there are so many things that can get in the way of us achieving what we really want out of life. Some people have felt blocked so many times that they begin to believe they are powerless to create the life and work they truly desire.

But imagine if - instead of feeling blocked - you could see those obstacles as meaningful challenges.

Imagine if you could manage all types of stress well and your life typically felt easier...and you could perform effectively-regardless of difficult circumstances.

Imagine what life would be like if you experienced joy on a regular basis.

The truth is this:

All the power you need to get past the obstacles preventing you from having the life you want is completely within you.

I'm so sure of this that I created Shift, Inc., to help people shift their thinking and re-connect with that power.

As an ICF certified coach, I empower my clients to have the life they want by teaching them techniques for overcoming obstacles and creating opportunities. These techniques are learnable by anyone.

Let me share with you how I help people achieve the life they want.

I teach my clients methods and practices for becoming C.E.O.s of their lives. Just as C.E.O.s enthusiastically take responsibility for their companies, people who are C.E.O.s of their lives are enthusiastic and empowered. They know that their life is under their own control.

They feel in control because they've learned reliable processes for setting, pursuing and achieving their goals.

They feel in control because the more often they reach a goal, the better they become at overcoming internal and external obstacles that stopped them in the past.

They feel in control because they've learned how to see internal and external obstacles as challenges to be met and opportunities to be enjoyed.

And the best part -- when they feel in control it typically results in a thriving quality of life both personally and professionally!

I can teach you how to achieve this control in your own life!

It all starts with a shift in your thinking, which is why I named my company, "Shift, Inc."

Albert Einstein once said,
***"Insanity is doing the same thing over and over again
and expecting different results."***

The life you are experiencing today is based on choices you've made and habits you've developed throughout your life. What most people don't realize is over time we get so used to thinking about or doing things in a certain way that we automatically default to the same actions or thought patterns (often without even realizing it!) which produce the same life experiences over and over again.

In a nutshell, we get "stuck" in the same life cycle which typically causes us to feel very frustrated and overwhelmed personally and professionally. And when we get "stuck," our stress levels rise which usually affects others areas of our life as well.

But when you *shift* your thinking, you'll be amazed at the things that start to happen!

When you shift your thinking, you'll have more energy. You'll meet challenges with creativity and optimism. You'll take on the unexpected with confidence and enthusiasm.

Creating these new, more productive thought patterns may be the most valuable by-product of developing the C.E.O. mindset.

Just as C.E.O.s enthusiastically take responsibility to ensure their companies achieve their short and long-term goals, people who are successful C.E.O.s of their lives are enthusiastic and empowered to achieve their personal and professional goals and dreams. They know that their life is under their own control. They feel in control because they've learned reliable processes for setting, pursuing and achieving their goals...and each time they reach a goal the better they become at overcoming internal and external obstacles that stopped them in the past.

You can have the life you want, personally and professionally!!

To get unstuck, Shift™ walks you through a five step process which will help you cultivate a C.E.O. mindset in order to boldly take back control of every area your life, resulting in a greater sense of freedom, joy, and fulfillment personally and professionally.

Step 1: SHIFT Your Perception (Connect to the Possibilities)

Your thoughts determine your future. Connecting to the possibilities of what your life could be, personally and professionally, is absolutely necessary in order to design your life and live it on purpose more consistently.

Step 2: SHIFT Your Foundation (Own Who You Are)

You are not your past! Every day you wake up and put your feet on the floor is a new day with new opportunities. Taking the time to understand your personality, enhance your strengths, and improve your weaknesses is vital to developing a solid foundation to achieve more success over your lifetime.

Step 3: *SHIFT* Your Actions (Utilize Your Power of Choice)

Every day you make a ton of choices based on your priorities, time, values, feelings, etc. Most people make their choices in a reactive manner, without much thought because they are just trying to get through their day in one piece. People who are successful C.E.O.s of their life understand that every time they make a choice their future is affected, so they take the time to think through their choices before moving ahead. And because they keep their long and short term goals in mind it is easier to say "yes" or "no" to something and commit to that choice over the long run.

Step 4: *SHIFT* Your Expectations (Stay on Top of Your Game)

The work you've done up through Step 3 has been extremely important in getting your life in order to achieve your personal and professional goals and dreams. So many people get to this point and think that's all there is to it. What they don't realize is they have to proactively be on top of their game to protect the work they've accomplished, and continue to take strides towards the success they are seeking.

Step 5: *SHIFT* Your Life (Become a Successful C.E.O. of Your Life!)

The final step in your journey is to actively use everything you've learned up to this point in to become a successful C.E.O of your entire life.

As we go through this process, you'll run into obstacles. Everyone does. But you'll learn effective methods for getting past them. And you'll get lots of practice at overcoming them! In fact, you'll get so good at it, obstacles will begin to look less and less like obstacles. Life will seem easier and you'll find yourself going farther because you do not stay stuck for very long when challenges appear.

Are you ready to *SHIFT*?

Click below to schedule your Complimentary
"Become C.E.O. of Your Life" Meeting!

[Complimentary Meeting Request](#)

About Kris Cavanaugh



Kris Cavanaugh, owner of Shift™, is a speaker, trainer, and ICF certified Coach who specializes in helping individuals and companies produce more consistent results and increase their effectiveness so their businesses, organizations, departments, and personal lives thrive. Her background includes over 20 years of experience training and mentoring individuals. She is an expert strategist with an amazing ability to pull her clients through difficult challenges to obtain the results they truly desire.

To learn more about Kris Cavanaugh and Shift, go to www.BeginToShift.com.

Kris has also authored several books: [Standing Naked in the Storm](#), [Stuck to C.E.O.](#), and [Making Peace with Menopause](#) (co-authored with Carrie Pierce).