



# BUILDING CHAMPIONS®

COACHING LEADERS IN BUSINESS AND LIFE | ON PURPOSE

# Creating Life Harmony... by Design

Michael Regan, Executive Coach



**BUILDING CHAMPIONS™**

COACHING BUSINESS AND LIFE | ON PURPOSE







IT'S ALL  
ABOUT  
HARMONY

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# IT STARTS WITH SELF-LEADERSHIP

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**SPHERE OF INFLUENCE**



**TEAM EFFECTIVENESS**



**SELF-LEADERSHIP**



# 4 Areas of Self-Leadership

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Well-Being



Vision



Execution

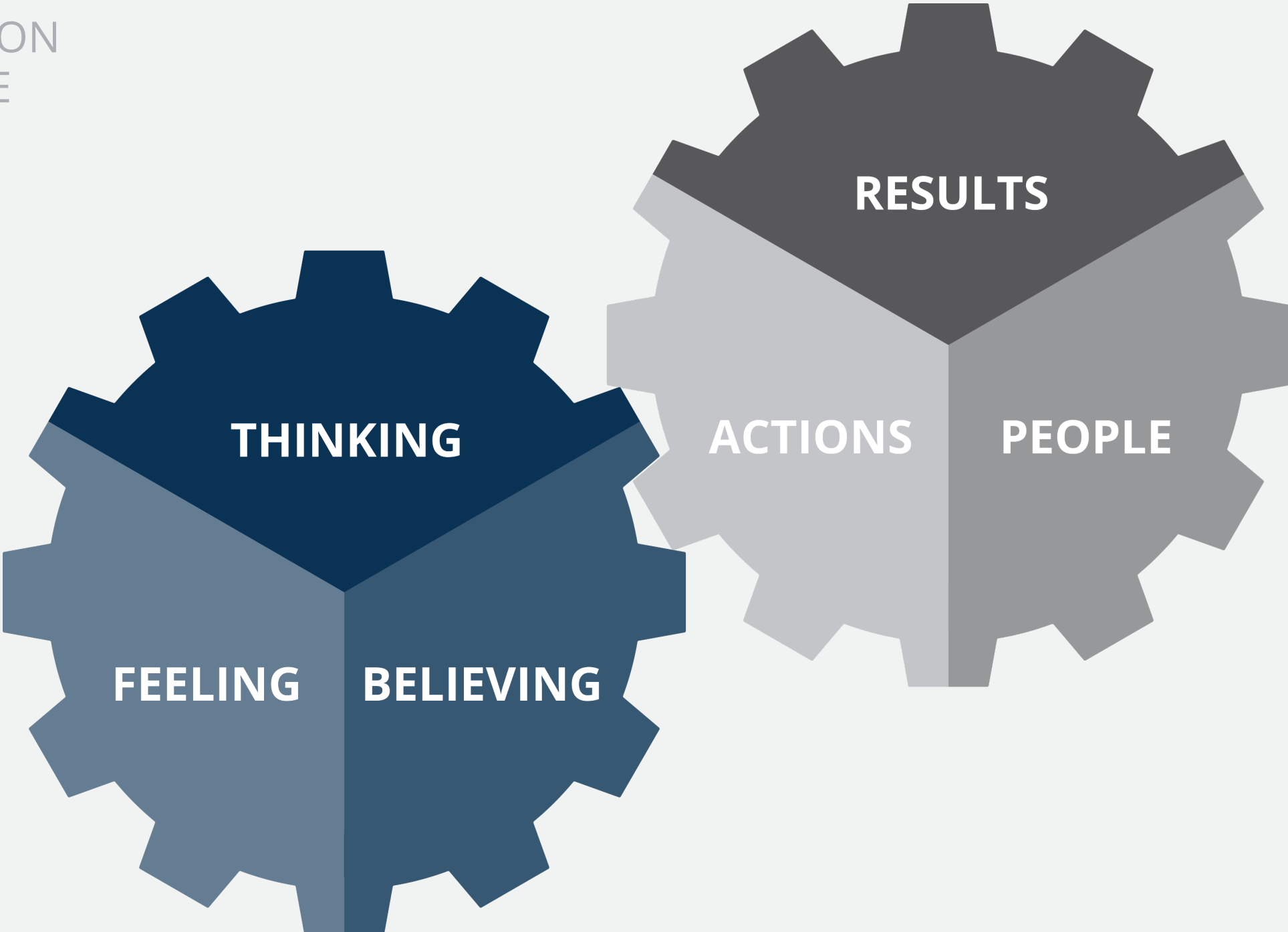


Productivity



STARTING ON  
THE INSIDE

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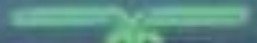


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# THE DRIFT

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**The Drift is the villain  
in the story of our lives.**





A pair of glasses with a dark, textured frame. The lenses show a clear view of a forest with many thin trees and a mossy ground. The word "CLARITY" is written in white, uppercase letters across the center of the lenses.

CLARITY

A woman with curly hair, wearing a blue eye mask and a red boxing glove. She is looking forward with a determined expression. The word "COURAGE" is written in white, uppercase letters across the center of the image.

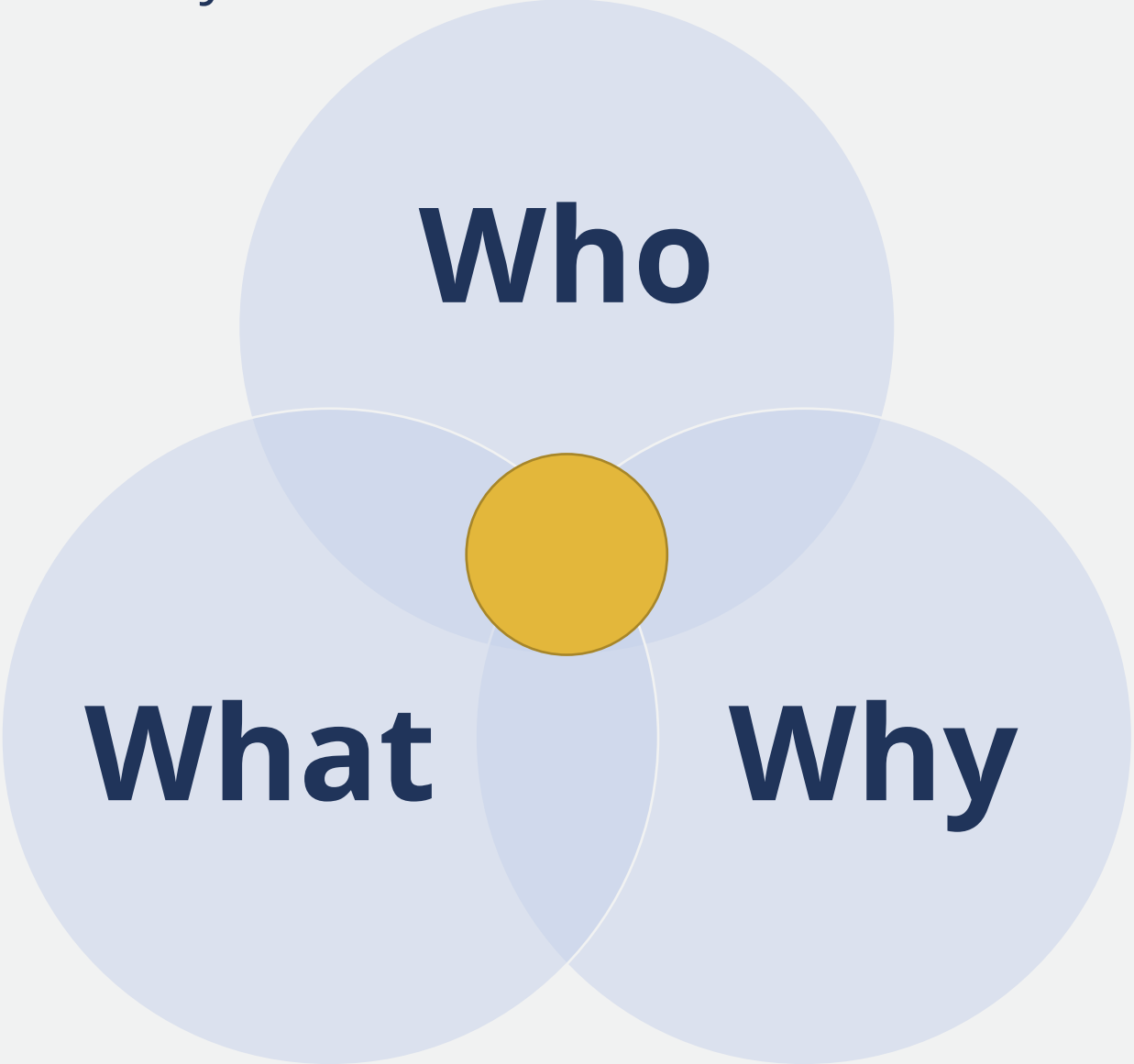
COURAGE

A silhouette of a person with their arms raised in a victory pose. The background is a cloudy sky. The word "CONFIDENCE" is written in white, uppercase letters across the center of the image.

CONFIDENCE



What is your vision for harmony?





Where are you  
going?

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“

If you don't know where you are going, you'll end up someplace else.

– Yogi Berra

Major League Baseball Player and Manager







“

Everyone has a plan until they  
get punched in the mouth.

– Mike Tyson

Former Heavyweight Boxing Champion





# KEY PARTS OF A POWERFUL PLAN

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# THE POWER OF QUESTIONS

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# Designing Your Plan



*Goals*



*Improvements*



*Disciplines*



*Theme*



“

Concentrate on what will produce results rather than on the results.  
Focus on the process not the prize.

– Bill Walsh

Former NFL Coach and Super Bowl Winner







1

Do you have a great plan today?

2

*Is your plan in harmony with your vision?*

3

What is **one thing** you will do to improve your plan this summer?

# Commitment

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# Conditioning

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Capability

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Thinking about your mindset over the past 3 months, how would you rate:

- 1** Your **COMMITMENT**: to the industry, company, team, and your role
- 2** Your **CONDITIONING**: energy and drive to move through your days with intention and momentum
- 3** Your **CAPABILITY**: systems, skills and abilities to thrive in this new market and season



**Finding a work/life  
Balance is  
Difficult...**



**Designing  
Harmony is My  
Mission!**





CORE FOUR

