

Kari Zee Coaching, LLC

BURN BRIDGES

Course Outline



Dear Friend,

Thank you for your interest in the Burn Bridges Program and for considering me for your transformation journey. I understand the toll living a life you don't love can have on your health and well-being and my desire is to show you how to take back control of your life and your happiness.

Empowering others to live a life they like while protecting individual health and wellness is a top priority for me, and I appreciate your commitment to show up for yourself by researching programs geared towards taking care of you. The following pages contain additional information about Kari Zee Coaching and the Burn Bridges Program to help you make the best decision for yourself as you embark on this journey.

If you choose to work with me, I look forward to a great partnership.

A handwritten signature in black ink, appearing to read "Kari Zee", with a stylized, flowing script.

Kari Zee, PE, CPC (she/her)

Transformation Coach

karizeecoaching.com

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About Kari Zee Coaching

Kari Zee Coaching, LLC was established in 2020 with a vision is to disrupt inequitable systems by teaching those worn down by them how to reclaim their confidence to find success beyond what they currently believe is possible.

I specialize in teaching people how to overcome doubt to bring about dynamic and influential growth - personally, professionally, and socially - without getting burned out in the process.

By equipping people with the ability to develop the mindset and strategies that drive dynamic and influential personal growth, they can bring about transformative change. Through a variety of specializations, I demonstrate that transformative change can happen in numerous areas, including the executive suite, politics, and entrepreneurship.

TLDR: By empowering people to take control of their lives and live authentically, we can dismantle systems of oppression and break out of generational cycles abuse and trauma.

Course Outline

This document is designed to provide details of the Burn Bridges Program so that you can make the best decision for you.

Module 1: Introduction

Length: 12 minutes

Summary: Overview of the program

Learning Objectives: What the program is all about, why I created it, what you will learn from it

Module 2: Setting Yourself Up For Success

Length: 43 minutes

Summary: What you MUST do before anything else in order to be successful

Learning Objectives: Know the steps to create an environment for you to succeed

Related Documents: Rules of Engagement

Module 3: Laying the Foundations for Change

Length: 40 minutes

Summary: The four principles of transformational change

Learning Objectives: Understand the underlying principles behind the Burn Bridges program

Related Documents: Foundations of Transformative Change

Module 4: Burning Bridges

Length: 36 minutes

Summary: Why you should burn bridges

Learning Objectives: Understand the concept of starting over

Related Documents: Burning Bridges

Module 5: Identifying the Burden

Length: 1 hour 43 minutes

Summary: Identify what's not working for you

Learning Objectives: How to define the problem and desired outcomes

Related Documents: Establishing Your Starting Point, Identifying Your Stress Levels, Life Wheel Assessment, Module Lessons Learned, Identifying the Burden, SMART Goals, Charter

Module 6: Unlearning

Length: 36 minutes

Summary: Unlearning toxic thought patterns

Learning Objectives: The 4 steps to unlearning

Related Documents: Unlearning, CTFAR Self-Coaching Model, Challenging Toxic Thoughts

Module 7: Unlearning Social Norms

Length: 35 Minutes

Summary: How reliable is the narrator

Learning Objectives: Identifying your social conditioning; identifying your world view

Module 8: Unlearning Scarcity Mentality

Length: 25 minutes

Summary: Scarcity vs abundance mentality

Learning Objectives: How to shift your mindset to abundance

Related Documents: Creating an Abundance Mentality

Module 9: Unlearning Cognitive Distortions/Thinking Errors

Length: 50 Minutes

Summary: Review of 15 cognitive distortions

Learning Objectives: How to identify and challenge 15 common thinking errors

Related Documents: Cognitive Distortions (Thinking Errors), Challenging Cognitive Distortions

Module 10: Reconnecting

Length: 21 Minutes

Summary: Overview of the reconnecting portion of the program

Learning Objectives: What is reconnecting with your authentic self; how does this lead to burnout

Module 11: Personal Brand

Length: 32 Minutes

Summary: Creating your personal brand

Learning Objectives: How to develop your brand

Related Documents: 125 prompts to discover yourself, Creating Your Personal Brand

Module 12: Mission and Vision

Length: 20 Minutes

Summary: Identifying your mission in life and vision for the future

Learning Objectives: How to craft your mission statement and your vision for your life; knowing who you are to your core and living that

Related Documents: Crafting Your Mission Statement and Vision

Module 13: Morals, Ethics, Values

Length: 31 Minutes

Summary: Morals, ethics, values

Learning Objectives: Identifying your values that drive your existence on this earth, aligning with your morals and ethics

Related Documents: Values, Morals, Ethics

Module 14: Morals, Ethics, Values Supplement

Length: 13 Minutes

Summary: How morals, ethics, and values impact your life

Learning Objectives: Drawing connections between morals, values, ethics, and your behavior

Module 15: Intention

Length: 8 Minutes

Summary: Living with intention

Learning Objectives: Why it's important to live on purpose

Module 16: Living with Intention

Length: 27 Minutes

Summary: Living with intention

Learning Objectives: How to stay present and control your emotions

Related Documents: Living with Intention

Module 17: Wrap Up

Length: 10 Minutes

Summary: Final notes

Biography



Kari Zee, PE, CPC - professional engineer, professional coach, lover of new experiences, and full-time hype-woman - is dedicated to engaging in the work to advance social progress towards positive, diverse representation and the creation of an equitable social system. Through her commitment to sharing her story and lessons learned, her mission is to empower others to pursue that which sets their soul on fire, free from the toxic thoughts that hold them back.

Prior to starting her own coaching business, Kari worked in the electric utility industry for over a decade, designing reliable systems to energize people's lives. She prides herself on her ability to initiate high-impact change by uncovering the root problem and achieve results by maximizing talent and resources to create and implement custom, streamlined solutions.

Kari is a Licensed Professional Engineer, Certified Associate in Project Management, and Certified Professional Coach. Though her career started as a designer in the utility industry, she discovered her true passion working with other employees to create personalized development plans for their short and long-term career goals. She is energized by helping others discover their inner power and take control of their lives so they can live a life they had not previously imagined possible for themselves. Kari specializes in helping people overcome their self-doubts and prevent burnout in pursuit of their dreams.

She holds a BA in Engineering Physics from Thiel College, a BS in Civil Engineering (Structural) from the University of Pittsburgh, and a Master's Certificate in Project Management from Villanova University Online. In 2020, she received her Professional Coaching Certification through the Academy of Creative Coaching.