



# THE Clarity CATALYST

A person is shown in a meditative pose, with their right hand in a mudra (gesture) and their left hand resting on their knee. The background is a soft, warm sunset or sunrise with a gradient of orange and yellow. The person's silhouette is visible against the light background.

THE CLARITY CATALYST  
IS BASED ON THE STANFORD  
UNIVERSITY PROGRAM  
(CREATIVITY IN BUSINESS) IN  
MINDFULNESS AND EMOTIONAL  
INTELLIGENCE.

THESE PRACTICAL MINDSET TOOLS  
AND POWERFUL RELAXATION  
TECHNIQUES  
ARE DESIGNED TO REDUCE STRESS,  
IMPROVE PEAK PERFORMANCE,  
ENHANCE CREATIVITY,  
AND PROMOTE WELLBEING.

# THE PROGRAM

# Meet Jen Kerkado



NBC-HWC, Mastery Level Empowerment Coach  
Grief Recovery Coach, Clarity Catalyst Trainer

COMMIT  
*to explore*

Founder of Commit to Explore Coaching  
[www.committoexplorecoaching.com](http://www.committoexplorecoaching.com)



# THE PROGRAM

In this emotional wellness 8-week online program you will receive:

- Awakening to your true calling by **getting clear on who you are** and what you really want.
- Discover the **vast well of creativity** that dwells inside of you so you can powerfully share it with the world.
- **Rewrite and reprogram your present mindset** with new beliefs that will set you free.
- Connect with a tribe that has been attracted by YOUR vibe...a group of people who will **hold you high and support you**.
- **Work through the fear** that has been paralyzing you so that you can finally go for it and live out the life that is waiting for you
- **Step into your power, authenticity, and confidence** so that you can create abundance by sharing your unique contribution with the world

# MODULES

## WEEK ONE

### CULTIVATING CREATIVITY

#### WE ARE ALL CREATIVE

We are all creative, even if you do not identify with being “creative” you are!  
In this module you will....

- Unearth what fields of fascination and creative passions get you into the FLOW so you can start getting clear about your calling
- Implement The Clarity Catalyst Daily Practice Routine so that you can start receiving “daily downloads of intuitive wisdom” to help get clear about what your next best steps are
- Experience how to move through life like an objective observer who does not take anything personally, so you are freed up to be more creative

# MODULES

## WEEK TWO

### REPROGRAMING SELF LIMITING BELIEFS

We were all born innocent. Then something happened...something called life.  
In this module you will....

- take a deeper look at what limiting beliefs still lurk within your mind so that you can rewire and reprogram them to get unstuck.
- Meet your suffering mind persona so that you can slay it once and for all.
- Learn how to stop judging yourself and beating yourself up so that you can thrive and soar.

# MODULES

## WEEK THREE

### THE POWER OF PRESENCE

Most of us spend our time worrying about the future and regretting the past instead of being in the present moment where peace lives.

In this module you will....

- Discover ways to add mindfulness activities to your everyday living so that you are more connected to yourself and your life.
- Learn tools to create deeper relationships and less conflict by learning how to communicate consciously.
- Master your mind to stay in the present moment so that you can manage fear and anxiety and stop obsessive thinking, which will clear the way to think more creatively.
- Master your mind to stay in the present moment so that you can manage fear and anxiety and stop obsessive thinking, which will clear the way to think more creatively.

# MODULES

## WEEK FOUR

### ACTIVATING YOUR INTUITION

YOU. ALWAYS. KNOW.  
In this module you will....

- Discover practical tools to help you at any crossroad to make the right choice, shunning self-doubt or fear, so you can feel confident about your life direction.
- Learn The Clarity Catalyst Question Inquiry which will unlock the answers you already have within as to what the best next steps are for you on your journey to greatness.
- Unearth the well of wisdom that lies within by using the Yes or No method, which will help you make hard decisions in a flip of a coin.



# MODULES

## WEEK FIVE

### DISCOVERING YOUR PURPOSE

Every single one of us has been put on this great earth for a reason. We all have gifts and visions to share with the world.

In this module you will....

- Learn practical tools to get clear on your life purpose.
- Create your life purpose mission statement so you can begin to take action on it.
- Learn what your most valued qualities are so they can be used as a compass to guide you to purposeful work that will have meaning and fulfillment.

# MODULES

## WEEK SIX

### MASTERING TIME AND STRESS

This is not your typical time/stress management approach!


In this module you will....

- Learn a quantum time management system to effortlessly get the things that are stressing you out off your plate of life, so you have more room for creativity and joy.
- Discover how to overcome procrastination so that you can launch your dreams and visions without self-sabotaging them time and again.
- Get a HUGE task you have been procrastinating about resolved so you will feel a big wave of relief.

# MODULES

## WEEK SEVEN

### MASTERING RELATIONSHIPS AND SELF LOVE

- 
- The background of the slide is a composite image. The left half shows a person in silhouette, jumping with arms and legs outstretched in a field. The right half shows a sunset or sunrise over a field of tall grass, with a network of glowing points connected by lines, resembling a constellation or a digital network, overlaid on the sky.
- Discover the Art of Self Love and how to cultivate a relationship with YOU which will help you thrive in relationships with others.
  - Awaken to the gifts and life lessons the challenging people in your life have brought you in order to grow.
  - Learn how to let go of past hurts in relationships so you can move on and soar.

# MODULES

## WEEK EIGHT

### MASTERING YOUR MONEY MINDSET

EVERYTHING WE HAVE IS GIVEN BY GOD INCLUDING MONEY

In this module you will....

- Get clear on your money personality and understand your relationship to money so you can effortlessly shift it.
- Develop an abundance mindset that magnetically attracts wealth to you.
- Discover the hidden subconscious beliefs you hold about money and reprogram them.





Begins April 4th-May 23rd  
2023

Time: 7:30-9 pm ET. on zoom

To connect with Instructor:  
Jen Kerkado, 562-896-2147  
[committoexplore@gmail.com](mailto:committoexplore@gmail.com)

Register here:

