



*To What Do You*

***ASPIRE?***

**Bold Goals.**

**Purposeful Connections.**

**Action-Oriented Resources.**

**Extraordinary Professional Growth.**

Surround yourself with positive, smart, motivated women here to  
**support your growth and elevate your success!**

**Enrollment to ASPIRE is now open with 3 membership levels to meet your needs!**

*Christi Hegstad*

[www.ChristiHegstad.com](http://www.ChristiHegstad.com)

FB, Instagram, Twitter: @ChristiHegstad

## Dear Meaningful Achiever,

For 7+ years, ASPIRE has helped professional women achieve beyond their wildest expectations while keeping meaning and purpose at the forefront. We want you to experience this, too!

You will experience the power of setting a Bold Goal and achieving purposeful success, with the support and wisdom from the most inspiring and generous women you've ever met! Along the way, expect to build amazing relationships, discuss excellent books, and learn life-changing skills.

We've recently restructured our ASPIRE program so there is truly something for every professional woman. Take a look – then take an *action* and join us in ASPIRE for 2018!

To your meaningful success!



A handwritten signature of Christi Hegstad in black ink.

Christi Hegstad, Ph.D.

Certified & Award-Winning Coach, Speaker, and Author  
Owner, MAP Professional Development Inc.

## Which Level Is Right For You?

Want to grow on your own? Enjoy our free articles, social media updates, blogs, and more! Sign up for newsletters and receive your free *Big Dreams, Bold Goals!* e-book at [ChristiHegstad.com](http://ChristiHegstad.com).

**ASPIRE VIRTUAL** is perfect for motivated self-learners seeking resources for growth as well as online connection with other purposeful professionals, without committing to meetings and other events. Also a great choice for those living outside of central Iowa.

**ASPIRE SUCCESS CLUB** is ideal for professional women wanting to set and achieve Bold Goals, discuss growth-oriented books, and meet other members monthly for learning and connection. If you're a current ASPIRE member, this level is similar to what you've come to know and love!

**ASPIRE ACADEMY** is designed specifically for professional women ready for their absolute best year yet! Join the Academy for the coaching, training, masterminding, and guidance to help you experience significant growth, break through barriers and limiting beliefs, and connect deeply with a small group of dedicated, supportive women. Aside from private coaching, the Academy offers Dr. Christi's highest level of support.



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<b>ASPIRE '18 AT-A-GLANCE</b>	<b>ASPIRE VIRTUAL</b>	<b>ASPIRE SUCCESS CLUB</b>	<b>ASPIRE ACADEMY</b>
ASPIRE Success Library	X	X	X
Private Online Discussion Forum + Weekly Prompts	X	X	X
<i>How To Set Bold Goals</i> Home Study Course	X	X	X
<i>Elevation</i> Monthly Members-Only Newsletter	X	X	X
Book Summaries + Reflection Questions/Journal Prompts	X	X	X
Quarterly Social Gatherings	X	X	X
Monthly Membership Meetings (In-Person + Virtual)	n/a	X	X
<i>Bold Goals!</i> Planning + Tracking Workbook	\$75	X	X
<i>Write Your Purpose Statement</i> Home Study Course	\$175	X	X
1:1 Orientation Call with Dr. Christi Hegstad	n/a	X	X
Accountability Partner Opportunity	n/a	X	X
Bi-monthly Mastermind Session (In-Person + Virtual)	n/a	n/a	X
Bi-monthly Course Offering (In-Person + Virtual)	\$150/course	\$100/course	X
Bi-weekly Coaching Gym	n/a	n/a	X
Quarterly <i>Bold Goals!</i> Planning + Accountability Workshop	\$175/wkshp	\$150/wkshp	X
Quarterly Group Mentoring + Coaching Call	\$35/call	\$25/call	X
<b>ANNUAL INVESTMENT:</b>	\$95/year	\$495/year	\$1,995/year

## Your 12-Month Membership

Details on a few ASPIRE features - check the chart to see what's included in the membership level you seek.

### **ASPIRE VIRTUAL**

#### **ASPIRE Success Library**

One central, members-only location filled with worksheets, checklists, audios, behind-the-scenes videos, interviews, calendar of ASPIRE events, and additional helpful resources!

#### **Quarterly Social Gatherings**

Connect with other ASPIRE members as we learn a craft, practice yoga, volunteer, try out an adventure, or visit over a glass of wine.

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## Monthly Growth Meetings

amher

Integrations  
+ demokratische  
Konzeption  
relationaler  
Erziehung  
passion  
positive  
Kultur  
Kommunikation

Consequenzen  
von der  
Erziehung  
zur  
Kommunikation  
Kommunikation  
Kommunikation  
Kommunikation  
Kommunikation  
Kommunikation

Proven planning and tracking tools to break your Bold Goals into manageable pieces and keep you focused and forward-moving! You'll know exactly where you are and what you need to do at any given time.

Wouldn't it be great to have someone believing in you, cheering you on, and checking in with you a few times a month? We'll provide the format to connect you with an accountability partner, if you choose.

## Bi-monthly Mastermind Session

ASPIRE Academy members can meet for masterminding around your individual challenges or “stuck areas.” Dr. Christi facilitates and everyone present shares and gains tips, ideas, resources, and solutions.

On months Academy members do not meet for masterminding, they are invited to a course led by Dr. Christi on topics such as work/life balance, confidence, time management, courage, mindset mastery, and more.



Call Dr. Christi during coaching gym hours for a 5-minute laser session, accountability check-in, or boost of inspiration! Available to Academy members two Mondays per month.

Make steady progress on your Bold Goals, set up each quarter clearly, and maintain accountability with yourself (and other attendees, if you choose!) for purposeful success!

What's keeping you up at night? What haven't we addressed in our meetings yet? Where do you feel stuck? Basically, Academy members can ask Dr. Christi anything during these calls!

**Enroll Today!** Visit [www.ChristiHegstad.com/products/aspire-success-club](http://www.ChristiHegstad.com/products/aspire-success-club) to begin!

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