

# Surviving Success Coaching and Training

Daraknot Health provides coaching and training to improve methods of staying on top once you reach your goal.



## **Life does not halt at the peak.**

*Daraknot Health offers coaching and training to help individuals and teams navigate the pitfalls of surviving success*

Surviving Success Coaching and Training helps an individual or a team navigate the pitfalls of achieving goals. It involves mastering our accomplishments while avoiding self destructive behavior. One of the less discussed truths about success is that it brings with it an array of new challenges, responsibilities, and paradoxes that if left unaddressed can lead to the unraveling of the very fabric of our achievements. We often envision success as a summit we struggle to reach, yet life does not halt at the peak; it flourishes in our ability to inhabit the heights we've scaled.



# DARAKNOT HEALTH

## Focus of Coaching and Training

### *Understanding the unexpected once we achieve our goals*

#### Surviving Success

Address the Contradictions and Conflicts of Surviving Success:

- Surviving Success - Discover the paradoxes of achievement. Define a personal definition of success and how to find fulfillment.
- Self As Success - The power of self-awareness, define our personal values, overcome self-destructive behavior and the illusion of success.
- Culture of Success - Create a psychological mindset to survive success, learn to overcome our resistance to success and create a strong support system
- The Quest for Success - Define the process versus the achievement of success. The power of intelligent failure and nurturing a strong sense of self-worth.

#### Master the Principles of Success

The Thriving Principles of Success embodies seven vital concepts:

- Vision: The Forest Through The Trees
- Creativity: The Good Accident
- Will: Face Your Resistance
- Cadence: Rhythms of Success
- Mettle: The Development of Courage
- Faith: The Impossible Dream
- Culpability: Guilty Pleasures

#### Building Sustained Achievement

Achieving success is never a static process, and goals may change at any time:

- The Sustainability Model - Retain success without burnout and/or the imposter syndrome. Develop a sense of resilience and fortitude around societal expectations.
- The Success Personality - Attitudes, behaviors and thought patterns necessary to thrive at the top.
- Facing Your Fear - The complete spiritual evolution of success
- Protect Your Core Values - Avoid “imposter syndrome”



## DARAKNOT HEALTH

A California Professional Corporation  
Los Angeles, California  
Santa Fe, New Mexico  
[info@daraknothealth.com](mailto:info@daraknothealth.com)

We can help.  
**213-591-0665**