



Potenze Perform(in)ce and Achievem(in)t Coaching

Helping everyone achieve those few goals that have felt too stuck, too big or too hard, for too long.

Achieve All Your Goals

Each of us excels in almost every aspect of our careers and lives. We are all very accomplished.

And yet, each of us has a handful of goals that have felt too stuck, too big or too hard, for too long. There are no exceptions. Every human has such a list, regardless of how he/she may be perceived or how he/she may want to be perceived. Each of us have goals that feel stuck.

Learn the one missing piece of knowledge that, when applied, gets those few stuck goals, those big goals and hard goals, moving. This approach works for everyone, for every goal, in every circumstance, regardless of any other seemingly limiting or inhibiting factors.

Learn why those few goals have felt too stuck, too big or too hard, for too long, even while you have easily achieved millions of other goals. Begin making rapid progress on all your goals.

Already Very Accomplished

Most define success as the achievement of the handful of goals that have felt too stuck, too big or too hard, for too long. We believe we will feel successful once we achieve these stuck goals.

Meanwhile, each of us achieves millions of goals each day. And each of us has achieved many millions of big goals throughout our lifetimes.

And yet, when asked about our personal level of success, we point to those few goals that feel stuck and lament that we are not yet where we want to be.

I help you understand why those few goals have been stuck even while you have achieved great things in all other aspects of your career and life.

Let's start making progress on those few seemingly stuck, big or hard goals!

Athletes, Artists, Businesspeople, Leaders, Big Dreamers

Understand what it takes in any vocation, in any situation, in any discipline, in any industry, to achieve all your goals, consistently, predictably and repetitively.

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Potenze Services Inc. • Kitchener, ON, Canada • www.potenze.ca • www.linkedin.com/in/shsouthern

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Complimentary Introduction

Learn how to achieve those goals that have felt too stuck, too big or too hard, for too long. This ninety-minute introduction is free of charge, to help make this knowledge accessible to all. There is no obligation, no expectation that you will buy more sessions, and no pressure, ever. To be eligible, participants must be inspired to learn, grow and change, be willing to think way outside the box, be open to ideas that are entirely foreign, and be comfortable being taught.

You can expect results within hours. Absolute confidentiality assured.

Serious inquiries only. Visit www.linkedin.com/in/shsouthern or email steve@potenze.ca.

Too Stuck, Too Big or Too Hard, For Too Long

What's on your list of seemingly stuck, big or hard goals?

For many their stuck-list includes aspects of wealth and/or health, one/more relationships, body/body image, self-image, perhaps job/career/business progression, and many others.

Do any of these resonate?

League/world/event championship	Jog/walk/run/bike time target
Business/personal revenue target	Amateur/fun league win/championship
Improvement in a relationship	More time for yourself/loved ones
Particular milestones for a business	Business acquisition/merger
An Oscar or Emmy or Grammy or other	Golf game/other score target
Body weight/shape target	Happiness, satisfaction, contentment, ease
Strength/fitness/other target	Big, new client/sales target
Sell your first work of art	Feeling organised, caught up and relaxed
Cured of some physical ailment	New home/change of residence
Paralympic/Olympic/Commonwealth gold	Personal wealth target
Accolades/awards/recognition/reputation	Personal wealth security target



Potenze Perform(in)ce and Achievem(in)t Coaching

Stephen (Steve) H. Southern, Founder and Educator

Providing one-to-one teaching and coaching focused on finally achieving your few goals that have felt too stuck, too big or too hard, for too long.

Based upon 30+ years of research, voracious reading, note taking, deep pondering, fits of pacing, relentlessly seeking real answers and using my own life and career as a laboratory.

Myth

We humans achieve our goals based upon our work, effort, sacrifice, struggle and toil, along with tenacity and intelligence, and some good timing and good luck.

Reality

It is our habitual thoughts, and it is only ever our habitual thoughts, that determine how readily we achieve our goals. Our actions are merely by-products, outputs, not inputs.

Welcome

My teachings are unique. Just about everyone believes the Myth as noted above. I teach the Reality.

You've embraced the Myth thus far in your quest to realise those few goals that have felt too stuck, too big or too hard, for too long. They feel stuck precisely because you've relied upon the Myth. Once you embrace the Reality, your progress on all your goals will be rapid, pleasing and very satisfying.

Of course, you do not currently possess the foundational knowledge that makes the Reality understandable. I touch upon those critical foundational pieces in the Complimentary Introduction.

If you're willing to suspend your disbelief for those ninety minutes and willing to listen with an open mind and heart, perhaps I will be able to help you.

Why me, why do I know the Reality? I have been digging for 30+ years. I was uniquely qualified to seek answers from sources that are not the norm. Athletes seek knowledge from athletes. Businesspeople from businesspeople. I collected and coalesced knowledge from many other sources. I was also uniquely qualified and driven to do whatever it took to find this knowledge.

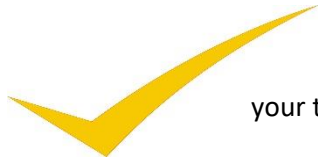
Of note, I provide this service strictly for my enjoyment. The moment it becomes arduous, I will stop. I charge a small fee for all teaching beyond the Introduction; my students must be invested.

Those who request the Introduction (most become wonderful friends), generally come via referral. Whether that's your situation or not, I do hope to hear from you when you're ready. In the meantime, enjoy each moment, for that's where life resides.

*Sincerely,
Stephen H. Southern*



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You are always thinking about your future. Choose your thoughts, and thus your future, wisely.

– Stephen H. Southern

Request Your Complimentary Introduction

Expect results within hours. Absolute confidentiality assured. Serious inquiries only.

Visit www.linkedin.com/in/shsouthern or email steve@potenze.ca.

Myth v Reality Brief

Visit www.potenze.ca and subscribe to the Myth v Reality Brief, my periodic, educational messages, sent direct to your inbox. These messages are always brief, informative, thought-provoking, factual and accurate. The Myth v Reality Brief will challenge your understanding of life and how we achieve our goals. If you open your mind and heart, each edition will further help you achieve your stuck goals.

The first book documenting research findings is in development. Other media to follow/augment.

Twitter: [shsouthern](https://twitter.com/shsouthern)

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