



# THE METAMORPHOSIS PROGRAM

[www.peak-transformation.com](http://www.peak-transformation.com)

ADULT TRANSFORMATION



“The only way we can experience any real satisfaction in life is to realize that our thoughts, emotions, actions, and decisions, are our responsibility and no one else’s. This is a beautiful thing. No more excuses. No more blame. Just the choice to take our power back and start living and loving our lives.”



# The Adult Metamorphosis Program Contents & Structure.

## **1. Initial Assessment (Personalized Report).**

- 1.1. The Living Human Document.
- 1.2. Behavioral, Cognitive, & Emotional Assessment (BCE).
- 1.3. Expectations Assessment.

## **2. Personal Reflection & Resentment.**

- 2.1. Composting.
- 2.2. Moral Inventory.
- 2.3. Forgiveness.

## **3. The Self Image.**

- 3.1. Outward Identity.

## **4. Emotional Intelligence (EQ).**

- 4.1. Emotions Just Happen – Don't They?
- 4.2. Discovering EI & EQ.
- 4.3. Self-Awareness.
- 4.4. Self-Management.
- 4.5. Motivation & Resilience.
- 4.6. Empathy.
- 4.7. Relationships.
- 4.8. The Cognitive Triangle.

## **5. Critical Thinking.**

- 5.1. The Importance of Critical Thinking.
- 5.2. Overcoming a Dualistic Mindset.

## **6. Barriers to Development.**

- 6.1. Overcoming the Ego.
- 6.2 Destructive Pride.

## **7. Structure and Fees.**

- 7.1. Individuals Face 2 Face.
- 7.2. Individuals Zoom.
- 7.3. Groups Face 2 Face.
- 7.4. Groups Zoom.
- 7.5. Referral Program!



# 1. Initial Assessment (Personalized Report).

## 1.1. The Living Human Document.

We View the human experience as a living document and an individuals story is often told through the lens of pain, trauma, regret, resentment, anguish, and crisis. The **'importance of telling your story'** is fundamental to the journey of healing and transformation, so it is here where your **Adult Metamorphosis Program** begins. Within a private and confidential setting, you are given the opportunity to share your lived-experience, with a compassionate and understanding professional. This process will enable us to determine the influences that have shaped who you are to date, and the origin of any potential obstacles we need to overcome that may hinder your development.



**Following your two-hour personalized assessment, you will receive a full report outlining your current emotional and cognitive status, the key areas of focus and change necessary for your development and transformation.**

## 1.2. BCE Assessment.

As the core focus of the **Adult Metamorphosis Program** is centered around behavioral, cognitive, and emotional development, it is imperative that we assess your current status in relation to these areas. This is by no means a test that you pass or fail, neither is it a tool for classification or judgement, we just need to see how you view the world, your behavior in it, and what your emotional responses are like. This will enable us to determine where your strengths, limitations, and potential weaknesses reside. Again, this is fundamental to the process of healing and transformation.

## 1.3. Assessing & Managing Expectations.

The root cause of so much stress and unease can be traced to **expectations**. If your outlook conflicts with your authentic self or the realities of life, then you could permanently reside in a negative place. This incongruence can lead to addictions, poor sexual behavior, anxiety, depression, suicidal thoughts, social issues, & failed relationships. In fact, 99.99% of people we work with have unrealistic ideas and expectations. As part of the initial assessment with the **Adult Metamorphosis program**, there will be an exploration of your mindset to see if this is aligned with your ability to develop. If it isn't, we will help to adjust your focus and create expectations that are more aligned with transformation.



“I choose to live by choice, not by chance. Not defined by circumstances, but by my responses to them. To be motivated from within, not manipulated by external forces. To be a source of help, but to not be used. To make changes, not excuses. To excel, not compete. I choose self-esteem, not self-pity, I choose to listen to my inner voice, not to the random opinions of others. I choose to be better than yesterday. Always evolving.”



## 2. Personal Reflection & Resentment.

### 2.1. Composting!

Compost helps plants to become big, healthy, and fruitful. But what is compost? Quite simply, it's processed muck. This analogy is what defines our approach to trauma and unwanted emotional & mental baggage. Instead of seeing negative experiences from the past as something that requires management, we see trauma as opportunities for growth. For every experience there's the potential for the complete opposite. For example, Carl Jung the famous Swiss psychologist once said: 'no tree can reach to heaven unless its roots reach down to hell'. This is precisely what we teach you to do, flip your experiences from negative to positive, enabling you to reach your highest potential. This aspect of the program is super empowering!

### 2.2. Moral Inventory.

A personal and **moral inventory** is a crucial component in the process of transformation and development. Without this, we cannot move forward and grow. This section involves some soul searching as a list is compiled (privately) of all the wrong deeds you have committed to date, and you explore the motivating nature of each act. Whilst not easy, this step is essential as it helps to free us from emotional and mental baggage that can weigh us down on our journey towards transformation.

### 2.3. Forgiveness.

Not only do we need to address our own moral conduct, but we also need to forgive those who have wronged **us**. This action helps to free us from the chains that can hold us back via a negative connection to another individual. Furthermore, resentment and anger help to fuel a **victim mode** which also impedes development. In this process, you will learn about the empowering process of **forgiveness**, how it's practiced, and the liberation it can bring.

“The act of forgiveness sets  
a prisoner free, and that  
prisoner is YOU!”



## 3. The Self Image.

### 3.1. Outward Identity.

The only **'outward identity'** that currently exists is the one you have now – at this very moment. This has been shaped by your programming, the majority of which has been at the mercy of your environment and probably not ideal. For example, what if your core programming has derived from neglect, chaos, and dysfunctionality with very little in the way of strong values? You never desired or asked for negative programming, but you have two choices - live with what you have and hope for the best or change it. Building a positive **'outward identity'** is a fundamental process for a better life and what we project, and how we want others to see us, can also influence our behavior.



Following a football team, for example, can be an enjoyable pastime, but when it becomes an entire **'outward identity'** and you are defined by your club, this is far from the best we can be. As another example, some people are obsessed with clothes and solely by the way they look, these can result in neglecting essential inner work required to become a more rounded and effective individual.

Whilst I'm not advocating for people to wear clothes suitable for a black-tie event on a daily basis, most of us will be aware of the huge difference wearing smart clothes can make to the way we feel, and in turn, behave. As such, how we outwardly present ourselves can be linked to not only the way we feel, but it can also impact on our character and behavior.

The **Adult Metamorphosis Program** will help you assess if your outward identity is aligned with the best version of yourself, and if not, we will help you to construct a new model that is more sympathetic with who you want to become and how you'd prefer to be perceived.



# 4. Emotional Intelligence (EQ).

## 4.1. Emotions Just Happen – Don't They?

This section will delve into the world of emotional intelligence and examine how it aligns with your life and character.

Most people incorrectly believe that emotions are just something that just wave over them and there's nothing they can do to control the situation. But when we place the word **'intelligence'** after the word **'emotional'** this indicates that a cognitive process is now present potentially resulting in a different outcome. You can connect with happy and joyful emotions, disconnect from anger, frustration, depression, and anxiety (yes, these are emotions also). All too often we hear these last two expressed as mental health issues, but they are in fact linked to emotional regulation and responses. The same can be said for unhealthy habits such as heavy drinking, drugs, smoking, over-eating, and general impulsive behavior.

### 4.2. Discovering EI & EQ.

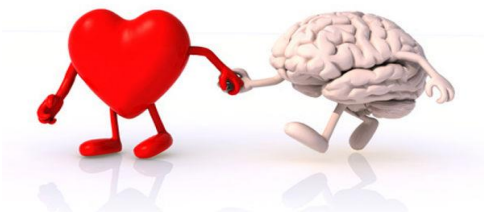
- ✓ Section overview.
- ✓ What is EQ?
- ✓ History of EQ.
- ✓ Framework and Definitions.
- ✓ What are emotions?
- ✓ 2 minds.
- ✓ 3 types of emotional people.
- ✓ EQ Assessment.
- ✓ Benefits of developing EQ.

### 4.3. Self-Awareness.

- ✓ Section overview.
- ✓ Self-assessment.
- ✓ Who are you?
- ✓ What's important to you?
- ✓ The living human document.
- ✓ Mindfulness – here & now.
- ✓ Emotional states.
- ✓ What do you believe.
- ✓ Keys to self-awareness.
- ✓ Self-awareness assessment.
- ✓ Action/Behavior awareness assessment.
- ✓ Feelings or thoughts?
- ✓ Self-awareness activities.
- ✓ Improvement planning.

### 4.4. Self -Management.

- ✓ Section overview.
- ✓ Personal integrity & responsibility.
- ✓ The pause button.
- ✓ Grounding exercise.
- ✓ Breathing exercise.
- ✓ Creating appropriate emotional patterns.
- ✓ Mental gateways.
- ✓ Cognitive reframing.
- ✓ Factors that influence emotions.
- ✓ Emotional rules.
- ✓ Emotional hijacking.
- ✓ Self-management activities.
- ✓ Improvement planning.



*"Emotional Intelligence Leads the Way Forward"*





#### 4.5. Motivation & Resilience.

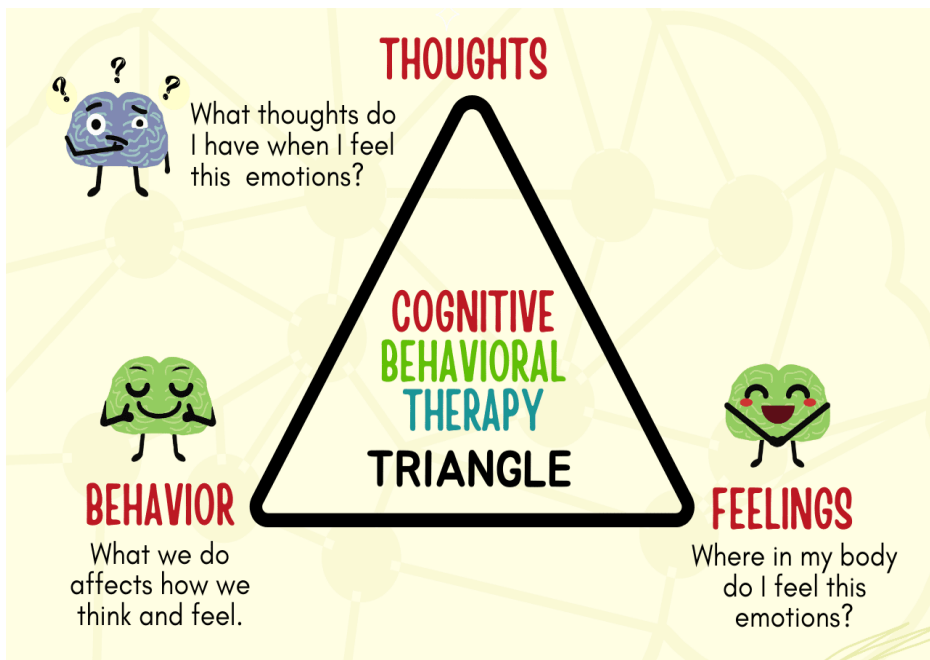
- ✓ Section overview.
- ✓ Is Motivation real?
- ✓ Purpose Questionnaire.
- ✓ Realistic optimism.
- ✓ Setting your sights.
- ✓ Internal and external challenges.
- ✓ Dealing with stress & being overwhelmed.
- ✓ 7 second solution.
- ✓ 5 Questions.
- ✓ Learn to problem solve.
- ✓ Improvement planning.

#### 4.6. Empathy.

- ✓ Section overview.
- ✓ Empathy & compassion.
- ✓ Basic emotional needs.
- ✓ Unconditional positive regard.
- ✓ Opportunities to support and contribute.
- ✓ Presence with others.
- ✓ Increasing empathy.
- ✓ 3 types of empathy.
- ✓ Improvement planning.

#### 4.7. Relationships.

- ✓ Section overview.
- ✓ Upskilling communications.
- ✓ Conflict resolution.
- ✓ Emotional bubbles.
- ✓ Power of confiding.
- ✓ Relationship activities.
- ✓ Improvement planning.



#### 4.8. Cognitive Triangle.

Although it may come as a surprise, our thoughts, feelings, and behaviors are inextricably linked. So, changing one of these factors can help to alter the others.

Through knowledge of the cognitive triangle, an individual can challenge negative thoughts and replace them with positive ones. This then impacts on feelings and behavior.

#### 4.8. Cognitive Triangle Continued.

Erroneous thinking patterns can significantly influence perceptions and interpretations in a negative manner. This can then lead to negative feelings which are emotional responses, influencing our communication with others, reactions, and decisions. Behavior then follows the stimuli of thoughts and feelings, so positive thoughts lead to positive feelings and behavior. With the **Adult Metamorphosis Program**, you will learn how to move through distorted thinking and retrain the mind, which in turn controls your feelings & behavior.



# 5. Critical Thinking.

## 5.1. The Importance of Critical Thinking.

**Critical thinking** is a key component in human development and is strongly linked with emotions & behavior. This key function enables us to become mentally stronger and reduces our vulnerability. Thinking critically also helps us to evaluate and process information in a manner that increases our ability to effectively problem-solve, make sound judgements, and improve our decision making. As part of the **Adult Metamorphosis Program** you will learn how to identify what critical thinking is and how to train your mind to make this process a normal part of your daily functions.

## 5.2 Overcoming a Dualistic Mindset.

At times, **dualistic thinking** can be helpful but for the most part it's very limiting, causes division, and can contribute to the decline of society. It creates division and hostility and keeps people locked into a realm of low-level thinking and poor emotional functioning. To truly grow and develop in life it is essential that we overcome this type of thinking. Without it, empathy dies, and we find ourselves in an echo chamber of our own thoughts and ideas. The **Adult Metamorphosis Program** will help you to seek out the **third** path of thinking which leads to a destination of highly functioning and effective people.

### BINARY THINKING

Binary thinking is a cognitive framework that simplifies complex situations or concepts by reducing them to only two opposing categories or perspectives.

#### OVERVIEW

Binary thinking refers to a simplified mindset where a person sees only two opposite and mutually separate options or perspectives. The ability to engage in non-binary thinking is an increasingly valuable skill in today's world. Employers seek people who can engage in divergent thinking, while students need the ability to explore multiple perspectives in order to succeed at university.

#### EXAMPLES

- **Right vs. Wrong:** The failure to see that an issue may not have an objective right or wrong answer because it is complex and multi-layered.
- **Us vs Them:** The tendency to create two mutually opposing groups of in-group, or 'us', and out-group, or 'them'. This causes unnecessary social conflict and division.

HELPFULPROFESSOR.COM



# 6. Barriers to Development.

## 6.1. Overcoming The Ego!

The ego is that tiny yet dominant voice inside that always wants to do battle, and it's the source of 99.99% of all our problems. Although it does have a healthy function and without it, we'd all fail to effectively measure danger, such as simple things like crossing the road. However, unchecked, it is our enemy and most people live their lives out via their ego. It controls and dominates everything we do and for the most part, extremely unhealthily. But to keep it in check, we first need to understand what it truly is, how it functions, and how to recognize it when it matters. The **Adult Metamorphosis Program** will teach you how to identify situations where the ego is in control and assess whether its authority is required at that moment, or if you need to seize control of the situation.

### EGO VERSUS PRIDE

Ego is one's feeling about his/her own self (feeling of I, Me, Myself)	Pride is an emotion which is a result of one's achievement or success
Results in arrogance most of the time	Usually this leads to self-satisfaction and sometimes motivation
Arises solely because of one's own self	Could arise due to own self or somebody else
May be based on false ideas and thoughts	Arises as a result of an achievement or success
Prevents individuals from apologizing, appreciating from others and making new friends	Sometimes makes others feel motivated about something
Strong ego could be hurt very easily	Opposite of pride is disappointment

Visit [www.pediaa.com](http://www.pediaa.com)

## 6.2. Destructive Pride.

Pride and ego are two words used interchangeably, but there are distinct differences between the two (see table). Pride can be derived from a healthy sense of satisfaction and achievement but just like its cousin ego, it can also be very destructive if not managed carefully. This is yet another barrier to development as destructive pride can destroy humility and the need to acknowledge wrongdoings. It can also hinder generosity and harden the heart. Healthy pride, however, can be an inspiration to those around you and result in positive outcomes. The **Adult Metamorphosis Program** will help you to recognize the difference between the two, and develop that which will benefit you, your loved ones, and broader society.

***"Pride & Ego can kill a success story like no other force."***

*Stephen Holmes*



# 7. Program Structure and Fees.

## 7.1. Individuals Face 2 Face.

This approach consists of twelve (12), one hour, Face-2-Face sessions and the entire program coursework. There will also be additional 1-2-1 coaching support if required by either phone, email, WhatsApp, or Telegram.

**Cost: £1495 per person**

**SPRING OFFER JUST £995.00**

**\*(First session Two-Hours)**

## 7.1. Individuals Zoom.

This approach consists of twelve (12), one hour, Zoom (1-2-1) sessions and the entire program coursework. There will also be additional 1-2-1 coaching support if required by either phone, email, WhatsApp, or Telegram.

**Cost: £1295 per person**

**SPRING OFFER JUST £795.00**

**\*(First session Two-Hours)**

## 7.2. Groups Face 2 Face.

This approach consists of twelve (12), one hour, Face-2-Face sessions and the entire program coursework. It is specifically structured towards groups of four – six (4-6) and can help spread the cost. There will still be an initial 1-2-1 assessment with each participant on an individual basis, and the same additional 1-2-1 coaching support via either phone, email, WhatsApp, or Telegram will be available.

**Cost: £1995 per group**

**SPRING OFFER JUST £1495.00**

**\*(First session Two-Hours)**

## 7.3. Groups Zoom.

This approach consists of twelve (12), one hour, Zoom sessions and the entire program coursework. It is specifically structured towards groups of four – six (4-6) and can help spread the cost. There will still be an initial 1-2-1 assessment with each participant on an individual basis, and the same additional 1-2-1 coaching support via either phone, email, WhatsApp, or Telegram will be available.

**Cost: £1795 per group**

**SPRING OFFER JUST £1295.00**

**\*(First session Two-Hours)**

## 7.4. Referral Program.

At **Peak Transformation** we offer a very attractive referral program that enables each paying participant to refer friends, family, colleagues, or general members of the public and receive a very attractive commission of: **£195.00**

**For General Enquiries and Bookings.**

**Tel: 07495 913 285**

**Email: [info@peak-transformation.com](mailto:info@peak-transformation.com)**



*“You are just one  
phone call, or email  
away from the first  
day of the rest of your  
life.”*

**Enroll Today!**



the british  
psychological society  
promoting excellence in psychology

