



Brochure

The Life Mastery Mastermind

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I Introduction

Master Your Path to Holistic Success

In a world where success is often measured by career achievements and monetary gains, Claudia | Roos envisions a different reality. We believe in a definition of success that goes beyond the boundaries of business triumphs and encompasses every dimension of life.

It is our mission to guide high-achieving entrepreneurs, business owners and business professionals, like you, on a transformative journey to master the full spectrum of holistic success.

Our Vision: Success in every aspect.

Imagine a world where people effortlessly harmonize their career with personal well-being, create profound connections, achieve spiritual fulfillment, and master their health. How amazing would that be? Why does it feel like we have to choose all the time?

At Claudia | Roos, we envision a global community of high-achievers who, with authenticity and empowerment, embrace a successful life on their terms.



CLAUDIA | ROOS

W: claudia-roos.com

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WELCOME



Meet Claudia & Roos

Former Athlete, Business Owner & Executive Coach

Claudia, an acclaimed executive coach, is no stranger to success. Her journey from a professional athlete to an executive coach has equipped her with the resilience, discipline, and unwavering commitment required for peak performance. With a deep understanding of the mindset of high achievers, Claudia coaches top-performing leaders and athletes, the legacy builders, to help achieve greater success, with ease. Both in their business and in their life.

Claudia



Hormonal Health Expert and Life Coach

Roos brings a unique blend of expertise to the team. Her specialization in hormonal health and holistic wellness guides individuals toward optimizing their energy, reducing stress, and enhancing their overall quality of life. This comprehensive approach encompasses physical health, mental clarity, and a lifestyle balance.

Roos



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Life Mastery Mastermind

Making successful
people even more
successful

CLAUDIA & ROOS

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2. Program Details

LIFE MASTERY MASTERMIND PROGRAM DETAILS

Program Overview

The Life Mastery Mastermind is an exclusive and transformative program designed for high-achieving entrepreneurs and business professionals who seek to redefine their path to success. It goes beyond traditional approaches and emphasises holistic success. It encompasses personal & business growth, meaningful relationships, spiritual fulfillment, and health mastery. The total package deal.

This new high-end Mastermind is developed by us, Claudia and Roos. With our years of experience and passion for living a successful life, we understand that true success extends well beyond career accomplishments. That's why we designed the Life Mastery Mastermind to guide, people like you, on a journey that will unlock the full spectrum of success. We believe that successful people deserve guidance, too.

Program Structure

Our Life Mastery Mastermind is a 9-month program offering a transformative journey with a carefully selected group of maximum 10 like-minded professionals per Mastermind group. It seamlessly blends in-person and virtual sessions to provide you with the support you need to reach your next level.



ROADMAP TO HOLISTIC SUCCESS

1. Introduction to Holistic Success (Months 1-2)

This step is your initial exploration into holistic success. You'll have a one-on-one kickoff session to understand your deepest challenges and needs, undergo a holistic success assessment, and create a mood board for your dreams and desires. We'll explore the balance between your inner self and your social self, helping you identify areas where you adapt to external expectations and those where you embrace your authentic self.



2. The Invisible 5% (Months 3-4)

In this crucial step, you'll learn to be comfortable with vulnerability, accept failure, and understand how your mind works. We'll have inspiring guest speakers to broaden your perspectives and delve into what drains your energy and your fears.

3. Building Blocks for a Successful Life (Months 5-7)

The step focuses on building a roadmap for life, optimizing your mindset, exploring four energy levels, and understanding what it means to design your richest life.

4. Master Your Most Successful Life (Months 8-9)

The final step brings together all the lessons learned, setting holistic aims that are sure to be achieved, making tough decisions, and laser-focusing on your life, health, and happiness. It's a transformational journey that culminates in your 3.0 version, fully equipped to embrace holistic success.

LIFE MASTERY MASTERMIND PROGRAM DETAILS

Our Life Mastery Mastermind has an innovative setup. We thought of integrating all learning styles & preferences to ensure an exciting program for everyone.

Our setup is the perfect blend of:

1. The Traditional Mastermind Concept
2. Private 1:1 Executive Coaching
3. Guest experts
4. Buddy Program
5. Practical Tools

The Mastermind concept has its roots in the early 20th century and got a big boost from Napoleon Hill's book "Think and Grow Rich" in 1937. It's like a turbocharged brainstorming session with a bunch of folks who have your back. The basic idea is simple: when a group of people with a common goal and good vibes work together, they can unlock some serious magic. It's all about combining brainpower, sharing ideas, and lifting each other to new heights. Since then, Masterminds have become a go-to strategy for personal and business success, like a supercharged support squad for making big things happen.

Private 1:1 Executive Coaching

Every one in our program also gets 3 private 1:1 executive coaching sessions with either Claudia or Roos. These sessions provide a unique opportunity for tailored guidance and support, allowing you to dive deep into your specific goals and challenges. Whether you choose Claudia's expert insights or Roos's seasoned perspective, you'll benefit from personalized coaching that empowers you to make meaningful progress on your journey toward success. These private sessions are designed to amplify your growth and help you overcome obstacles, ensuring you get the individual attention you need to thrive.

LIFE MASTERY MASTERMIND PROGRAM DETAILS

Guest Experts/ Masters in their field

In our program, you will have the privilege of learning from a lineup of expert speakers. These renowned individuals will share their valuable insights and experiences, providing a rich source of knowledge and inspiration. Our expert speakers will offer diverse perspectives and expertise, enriching the program and empowering participants to expand their horizons and reach new heights of success.

Buddy Program

Embarking on a transformation journey is made even more enriching when you have a dedicated buddy by your side. You buddy up with someone from your Mastermind group. You provide each other with support and encouragement, serving as a motivating force when the going gets tough. Together, you and your buddy can celebrate achievements, overcome challenges, and reinforce the commitment to personal growth, creating a dynamic partnership that enhances your transformative experience.

Practical Tools

We're committed to not only providing valuable insights and learnings but also ensuring their practical application. You'll receive a toolkit of practical resources and strategies to implement what you've learned into your everyday life. This hands-on approach empowers you to take concrete steps towards achieving your goals and lasting, tangible results.

THE BENEFITS OF OUR MASTERMIND

Participating in a Mastermind group has enormous advantages, such as:

- **Collective Wisdom:** You gain access to your group members' collective knowledge, experience, and insights. This brings fresh perspectives and innovative solutions to your challenges.
- **Accountability:** We all hold each other accountable. We're in this together. It helps you stay on track with your goals and commitments when returning to your busy daily life.
- **Networking:** You build valuable connections and relationships with other motivated and like-minded individuals in your group.
- **Support:** It's such a supportive environment where you can openly discuss your goals, concerns, and ideas without fear of judgment. The 5% you don't tell others.
- **Personal Growth:** Simply by interacting with diverse people and receiving constructive feedback will help you grow personally and professionally.
- **Motivation:** Being a part of a Mastermind group can be highly motivating. Imagine being surrounded by individuals with similar aspirations and ambitions. Finally, people who get you.
- **Learning:** You learn from the experiences and mistakes of others, which can save you time and effort in your own pursuits. We love efficiency!
- **Access to Resources:** Everyone lifts each other. Resources, tools, and connections are shared, which can benefit your endeavors.
- **Confidence Boost:** Regular feedback and support will boost your confidence and self-esteem, helping you take more substantial steps towards your goals.

THE 5 PILLARS OF OUR MASTERMIND

- 1. Balanced Growth:** The first pillar focuses on fostering personal growth in every aspect of your life. We'll work together to achieve balance by embracing the importance of nurturing your career, personal well-being, meaningful relationships, spiritual fulfillment, and health mastery. It's about harmonizing these elements to lead a more fulfilled and holistic life.
- 2. Mindset Transformation:** The second pillar is dedicated to the transformation of your mindset. We'll delve into your inner beliefs, attitudes, and thought patterns. By understanding the power of the mind and reshaping your mindset, you'll gain the mental clarity and resilience needed to navigate the challenges on your path to holistic success.
- 3. Inner Self and Authenticity:** Our third pillar is all about exploring your inner self and embracing authenticity. Together, we'll investigate how much you adapt to meet the expectations of others versus choosing what genuinely aligns with your core values and desires. By discovering and honoring your authentic self, you'll create a life that feels truly your own.
- 4. Health and Wellness Mastery:** The fourth pillar prioritizes your health and wellness. We'll delve into the crucial aspects of physical, mental, and emotional well-being. With our expertise in hormonal health, you'll learn how to optimize your energy, manage stress, and enhance your overall quality of life.
- 5. Fulfilling Relationships:** The fifth and final pillar revolves around cultivating meaningful and fulfilling relationships. We'll explore the dynamics of your personal and professional connections, guiding you to establish and maintain relationships that align with your holistic success journey. Your ability to build and nurture a supportive network is key to your overall well-being and fulfillment.



The Location

The Meetinn

Throughout the Life Mastery Mastermind program, you'll have the unique opportunity to meet four times in person at the engaging venue known as The Meetinn in the Netherlands.

We chose this location with the intention of providing an ideal setting for the group.

It's a space that reflects the values of balance, well-being, and growth, which are at the core of the Life Mastery Mastermind program.

There's space for profound and inspiring group sessions in a laid-back environment. Surrounded by nature, you'll also find inspiration and tranquility to support your personal growth and well-being.

The eco-friendly design, use of natural materials, sustainable energy sources and healthy energising food, at the Meetinn go beyond being just a venue.

You can see that the owners put their heart and soul into the place and we believe the energy is perfect for the group.

Option to book your stay

For those seeking an immersive experience, The Meetinn offers the option to book a stay in one of its guest rooms the night before the in-person events. These beautiful rooms feature private bathrooms and comfortable sitting areas. It's an opportunity to be right where the magic happens, fostering a deeper connection with your holistic success journey.

There are sufficient rooms for all participants and booking of a room can be managed per event or for all events at once.

Location & Accessibility

Located near Schiphol Airport, The Meetinn is easily accessible for both local and international participants. Its proximity to the airport and Amsterdam ensures a hassle-free journey to your in-person mastermind sessions.

- Amsterdam: 30 minutes by car
- Schiphol Airport: 20 minutes by taxi

For local participants, The Meetinn offers free charging for your electric or hybrid car.

The Meetinn

Poeldijk 8b, 3646 AW

Waverveen, The Netherlands

www.themeetinn.nl



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Life Mastery Mastermind
Success is not the key
to happiness.
Happiness is the key
to success.

ALBERT SCHWEITZER

“

PRICING DETAILS

INVESTING IN YOUR HOLISTIC SUCCESS

We understand that commitment to your personal and professional growth is a significant decision. We take the development of all clients we work with very seriously and are 100% dedicated.

The Life Mastery Mastermind program offers an exclusive and transformative experience and two pricing packages. Don't hesitate to get in touch with us to learn more about our program and or pricing options.



PAY IN INSTALLMENTS

Pay a one-time kick off fee of €5000 prior to the start of the program and continue with 8 monthly retainers of €2500.

€2500

Prices are subject to Dutch VAT



PAY IN FULL

Pay at once prior to the start of the program and get 2 *additional executive coaching sessions*, valued at €1000 each, for free.

€25000

Prices are subject to Dutch VAT

IS THIS FOR YOU?

DO YOU WANT TO...

- Have the energy to achieve your business & personal goals?
- To get clarity and ownership of your life? '
- Be able to enjoy your ride much more?
- Gain more time and focus?
- Invest in personal growth and get inspired?
- Feel more like yourself (again)?
- Be happy with yourself and who you are?
- Make choices in line with your values & priorities?
- be genuinely understood?
- feel less isolated?

ARE SOME OF YOUR STRUGGLES...

- Fantastic career and abundant life, but am I truly happy?
- I have no time & energy to do the things that really matter.
- I have no time to catch up and am often lagging behind.
- I feel lonely (at the top).
- No one really understands my challenges.
- My health isn't what it used to be.
- The business isn't running as smoothly as it used to be and it messes with my mind.
- I feel like I am losing myself along the way.
- I often feel overwhelmed and have a reactive approach to life.

This program is a long-lasting gift to yourself.
Don't let another year just pass by.
Reclaim what is yours and more.

[Schedule here your chemistry call with us](#)

3. Enrollment Process

HOW IT WORKS

1.

MEET THE REQUIREMENTS FOR THE MASTERMIND

- You are an Entrepreneur, Business owner, or Business Professional.
- You see yourself as a high-achiever (or people tend to view you that way).
- In addition to virtual sessions, you're ready to travel four times to a beautiful spot in the Netherlands for in-person group days, just 20 minutes from Schiphol Airport.
- To safeguard a standard of success, we require from each participant a minimum of Annual Gross Revenue:
For Business Revenue: > **1 million Euros**
For Contractor Revenue: > **250.000 Euros**

2.

BOOK YOUR CHEMISTRY CALL

We warmly invite you to book a chemistry call with us. It's a great opportunity for us to get to know each other and start building a trusting relationship. We can go through your challenges and how we work and see if we're a match.

[Plan your call with us here](#)

HOW IT WORKS

3.

OUR INTERNAL SELECTION PROCESS

The secret to our Mastermind is the curation of each group. As you can imagine, we have to check the fit with each person to ensure a top-notch group that works magically together. Everyone has to bring something different to the table, uplifting the experience for everyone.

4.

LET'S SIGN OFF

After us and you being informed, all excited to get going, we'll send you a confirmation and additional information to sign off.

5.

LET'S GET STARTED

We're now all set to embark on a journey to holistic success. We have prepared a helpful and energizing welcoming package to prep yourself to get the most out of the journey. We are grateful you've chosen us to guide you and can't wait to meet you and the group in person for the kick off.

4. Contact

We are here to connect with you

We're approachable and like to have an open line of communication. Whether you have questions, seek more information about the Life Mastery Mastermind program, or are ready to sign up, we're really just a message or call away.

Feel welcome to reach out, and let's start the conversation that could change your personal and professional life.

[Book your Chemistry Call with us](#)

Or drop us an email at
team@claudia-roos.com

We look forward to meeting you soon!

Sending good energy your way,
Claudia & Roos



CLAUDIA | ROOS
team@claudia-roos.com



5. Testimonials

"As a high-ranking executive in a fast-growing company, I was often overwhelmed with numerous responsibilities, leaving me little time for anything else. However, after our first meeting, I felt more confident and comfortable in opening up. The sessions struck the right balance between listening and taking action, helping me bring balance back into my life and see success from a broader perspective."

"The transformation has been significant. I have my energy back, my focus and my productivity. I feel much healthier. My work schedule has been optimized and I have regained the balance to enjoy my family, put the right energy into my business and really take care of myself again. It has made such a change in my mindset."

"This was predestined. I have been helped to pursue my real dreams and desires. I went through barriers that were holding me back - in my personal and business life. I appreciated enormously that we covered both topics. I was deeply helped to understand what management skills are needed in a rapidly growing business, to de-prioritize things that were taking up too much of my time and energy, and to plan my path to happiness."

“You learn things that, in my personal opinion, everyone should learn in school or life for better mutual understanding and more acceptance of our bodies. I am very grateful for our collaboration, which helped me understand my body and myself better, adjust my lifestyle accordingly, and rethink my diet.”

“A more than excellent result: You are guided to the path you have been looking for for ages but could not find on your own.”

“This holistic coaching approach was needed and welcome. Again, I want to thank you so much for everything. I truly appreciate that you took the time to listen to me, shared so much information useful information with me, and showed me, how I could find my balance between work, my health, and my private life. Something I had been looking for for a long time, and until now, I couldn't find the answer. I wish more people were offering this type of coaching.”

“I have learned so much to feel more energetic while working. The value of my life has improved so much! So has the output of my work, and in addition, I have been able to improve my relationships. Especially the relationship with myself!”

6. Disclaimer

DISCLAIMER

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Disclaimer: The information provided in this brochure is intended for general informational purposes only. While every effort has been made to ensure the accuracy and completeness of the content, Claudia | Roos and its associates do not guarantee any specific results or outcomes. The Life Mastery Mastermind program is designed to support personal growth and holistic success, but individual experiences may vary. Before making any decisions or commitments, we encourage you to reach out to us for a personalized consultation to discuss your specific needs and goals.

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