



Critical Moments:

*Choices you make
when it really matters*

Use the Secrets of
"Adventure Heroes"
to Transform Your Own
Performance

SARAH WILSON
Adventure Coach

An e-book from Adventure Coaching
© Copyright 2008

- 🏠 Join an adventure journey
- 🏠 Learn secrets from “Adventure Heroes”
- 🏠 3 Mistakes to avoid and one action that makes all the difference
- 🏠 Will you harness the power of a critical moment?

Dedication:

To Janet Macnab.
Thanks for setting this all in motion.
You are a hero.



Contents:

- Chapter 1:** What are Critical Moments and why are they critical?
- Chapter 2:** A Journey through Critical Moments
- Chapter 3:** The Anatomy of a Critical Moment
- Chapter 4:** Starting the Journey
- Chapter 5:** Road Blocks and Obstacles
- Chapter 6:** Learning from the Mountains
- Chapter 7:** Asking for help
- Chapter 8:** Dealing with Disaster
- Chapter 9:** Crunch point - 120 Days
- Chapter 10:** Critical Momentum
- Chapter 11:** Taking Action and Getting Support



Meet Karen

Karen is a lot like you and me.

She loves being in the outdoors. She gets energy and feels revived and inspired by doing the adventures she loves. And she loves to share these experiences with people she enjoys being with.

She can't stand the nine to five work routine (or in actual fact, it is more like 8am till 6pm at least). The daily commute feels soul-less. Like a rat in a wheel. And that is just at work, home is also a busy set of demands. She wishes she had greater freedom and flexibility. She also feels that much of her time is spent on tasks that appear to contribute very little.

Karen longs to make a difference. And it seems like there is never enough time or money to really do what she wants – and for that matter she sometimes gets confused about what it is exactly that she does want.

Does this feel familiar?

There has to be a better way. How does Karen get out of this trap?

We will check in with Karen during this e-book as she takes on the critical moments journey.

This is just a sample of what is available in the
Critical Moments E-book.