

TouchStone Consultancy

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The Major Life Change Mastery Assessment

In today's rapidly changing world, your ability to navigate major life changes can mean the difference between extraordinary success and costly setbacks. As someone who has already achieved significant accomplishments, you know that even the most successful men and women regularly have to face pivotal moments that can dramatically reshape their lives.

Maybe you are selling a successful business, exiting a company, transitioning from corporate executive to entrepreneur (or vice versa), making a complete career pivot at the height of your success, stepping back from a high-powered career to pursue your soul's purpose, moving into semi-retirement while maintaining influence, relocating internationally for career opportunities, getting divorced/separating while managing substantial assets, becoming an "empty nester" with newfound freedom, coping with mid-life while maintaining professional standing, facing a major health diagnosis requiring extensive lifestyle changes, recovering from burnout or a stress-related illness, experiencing identity shifts after reaching major life goals, planning your legacy, rebuilding your life after a personal loss, looking for new challenges after major achievements, aiming to maintain privacy while being in the public eye, or you would simply like to connect with peers who understand your unique life style challenges.

This simple assessment, developed through work with high-achieving professionals, entrepreneurs, and industry leaders, reveals your unique **major life change mastery profile** and illuminates opportunities for exponential personal growth. Join other accomplished leaders who have transformed life's biggest challenges into catalysts for extraordinary success.

Instructions

Rate yourself on a scale from 1 to 5 for each statement, where:

- **1 = Strongly Disagree**
- **2 = Disagree**
- **3 = Neutral**
- **4 = Agree**

- **5 = Strongly Agree**

Section 1: Personal Vision and Strategic Clarity

Based on research with highly successful executives who have mastered major life transitions

1. I maintain clear long-term vision even during significant life changes
2. I excel at aligning my resources with new life directions
3. I develop comprehensive strategies for navigating major transitions
4. I adapt personal goals while staying true to core values
5. I anticipate how life changes will impact my relationships and wellbeing

Section 2: Personal Presence and Decision Excellence

Critical qualities observed in people who thrive through major life changes

1. I make life-changing decisions with confidence and clarity
2. I maintain composure when facing personal challenges
3. I balance multiple priorities during major life transitions
4. I navigate uncertainty with grace and purpose
5. I demonstrate authentic leadership in my personal and professional life

Section 3: Emotional Intelligence and Inner Resilience

Traits shared by those who sail through life's pivotal moments

1. I maintain emotional balance during intense personal challenges
2. I leverage self-awareness to navigate complex relationships
3. I transform personal setbacks into opportunities for growth
4. I employ sophisticated techniques for managing stress and energy
5. I inspire confidence in others during times of shared transition

Section 4: Relationship Mastery and Personal Influence

Based on studies of highly successful personal transformations

1. I communicate my needs and boundaries effectively during change
2. I build strong personal and professional support systems that enhance my resilience
3. I maintain trust in key relationships through major transitions
4. I align important relationships with my evolving life direction
5. I guide and support others through their own life changes

Section 5: Personal Innovation and Adaptability

Characteristics of people who thrive through life transitions

1. I embrace life changes as opportunities for personal reinvention
2. I create innovative solutions to life's complex challenges
3. I remain flexible while maintaining personal integrity

4. I transform uncertainty into clarity and purpose
5. I consistently evolve and grow through life's challenges

Section 6: Support Network Optimisation

Patterns observed in those who navigate challenges successfully

1. I cultivate relationships with mentors and trusted advisors
2. I build meaningful connections that support personal growth
3. I create alliances that enhance life satisfaction
4. I maintain authentic relationships across different life domains
5. I activate support networks easily and effectively during challenges

Section 7: Gratitude and Life Perspective

Research-backed practices of people who live purposeful, meaningful and fulfilling lives

1. I find meaning in challenging life experiences
2. I strengthen relationships through genuine appreciation
3. I maintain perspective during personal challenges
4. I celebrate progress in my personal evolution
5. I use gratitude to enhance resilience and experience joy

Scoring & Life Change Mastery Profile

Calculate your score for each section to reveal your **Major Life Change Profile**:

25-21 points: Exceptional Mastery - You demonstrate remarkable abilities in this area

20-16 points: Advanced Proficiency - You show strong capacity with opportunities for refinement

15-11 points: Emerging Strength - Focused development could transform your experience

10-0 points: Growth Zone - This area represents potential for extensive personal evolution

Your unique combination of scores reveals your Life Change Archetype:

- **The Visionary Navigator:** High scores in Sections 1, 4
- **The Resilient Innovator:** High scores in Sections 3, 5
- **The Conscious Change Catalyst:** High scores in Sections 2, 4
- **The Mindful Evolutionist:** High scores in Sections 5, 6

Your Next Step Toward Mastery

Even the most accomplished individuals benefit from expert guidance during life's pivotal moments. Your assessment results may have revealed specific opportunities to enhance your capacity for navigating life's most significant challenges, changes and transitions.

Exclusive Opportunity: Schedule your Life Transitions Mastery Session - a private 30-minute consultation with Dr Margaretha Montagu, trusted mentor to successful professionals navigating life's most challenging changes. Together, we will analyse your unique results and discuss how to equip you to transform major changes into extraordinary opportunities.

Schedule Your Session by sending an email to
OpenLockedDoors@gmail.com

Dr Margaretha Montagu

MBChB MRCGP NLP Master Coach Cert, Life Transitions Coach Cert,
Counselling Cert, Med Hypnotherapy Dip, EAGALA Cert II

