



PROFESSIONAL  
— REBELLION —



# THE BULLETPROOF CAREER REBELLION

**YOUR CAREER  
FREEDOM STARTS  
NOW...**

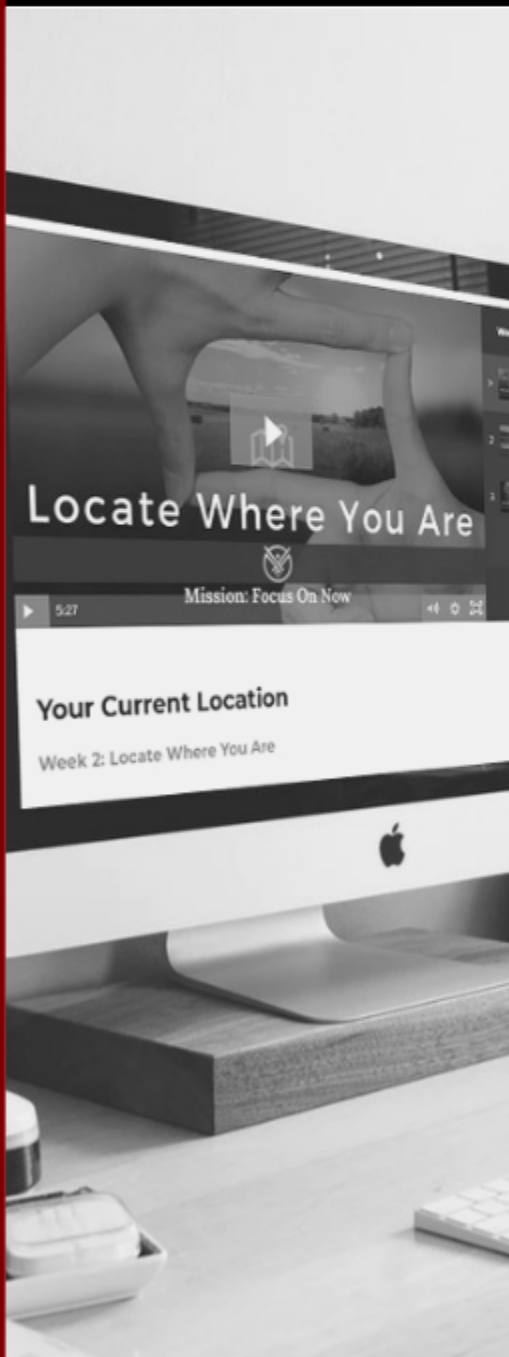
**PRESENTED BY**

*Phil Plisky PT, DSc, OCS, ATC, CSCS  
Jenna Gourlay PT, DPT, SCS*

# COURSE DESCRIPTION



*Your Career Freedom Starts  
HERE...*



There is a difference between finding a job and creating your career. Stop following the traditional path and start blazing your own. Life doesn't have to stop Monday morning. A Bulletproof Career challenges the status quo of physical therapy. In creating your IDEAL CAREER, you are able to work when you want, where you want, with whom you want and how you want.

If the journey to your ideal career was easy, everyone would love going to work. The truth is, most decide it easier to settle along the way. The only way to get there is to believe that you can. Our first step is to determine how far you want to go.

Your ideal career is not a path to be followed, but a route to be carved. This course will take you step by step through the process of blazing your own unique career path. Step Two is to determine where you want to go and how to get there. By the end, you will have a clear vision of your ideal career and be en route to achieving it.

Your ideal career is only possible when you go against the status quo. To get the career you've always dreamed of, you are going to have to rebel. You're going to have to have complete confidence in your plan. We will give you the strategy and steps necessary, but it is up to you to make sure that your career is Bulletproof. Step Three is to accept a higher standard - you are now a Rebel.

# HOW WE DO IT...

## ASSESSMENTS

*In order to get where you want to go, you have to first, know where you are. Throughout the course, you will assess your status in multiple domains. Recognizing where you need to put more effort allows you to make progress rapidly*

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## ACTION POINTS

*The journey to your ideal career is powered by Action Points. Sometimes the hardest thing is defining what you want and other times it is knowing what to do once you do know. These steps are designed to help you uncover your unique path.*

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## COMMUNITY

*Your ideal career path is individualized, but the journey is best traveled together. Our community is our greatest asset. We all know that getting your ideal career is not easy. But, we see others breaking barriers, we are more likely to do so ourselves.*

## OBJECTIVES

Following the course the learners will be able to...

**01**

Form a clear picture of your ideal career and the road map to help you get there.

**02**

Evaluate yourself based on the Professional Vital Signs Assessment to determine where you are and what your individual focus needs to be.

**03**

Determine your values to feel balanced in your life and career.

**04**

Apply the formula necessary to break into the ideal career you want. This is person dependent and will fit your unique path.

**05**

Create the goals that you will accomplish and will lead you to your ideal career.





# Course Outline

the weeks | the missions | the content

## INTRO

- Welcome
- Meet Your Instructors

## 01

### FIND YOUR IDEAL

- The 5 Ideals
- Dream Big
- Uncover Your Career Characteristics

## 02

### LOCATE WHERE YOU ARE

- Your Current Location
- Physical Foundation
- The Rebel Mindset

## 03

### INVEST IN RELATIONSHIPS

- Secure Your Team
- The Immersion Principle
- Viewpoints

## 04

### OWN YOUR DECISION

- Live Your Values
- Redefine Your Balance

## 05

### TAKE OVER YOUR GOALS

- Ready, AIM
- Fire!
- Your Next Step

## 06

### KEEP MOVING FORWARD

- See the Shift
- Own The Beginning and The End
- The Missing Piece

## WEEKS

## BONUS

- Becoming An Expert
- Brave The Journey
- Combat Tactics



## **PHIL PLISKY** PT, DSc, OCS, ATC, CSCS

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Dr. Plisky, PT, DSc, OCS, ATC, CSCS is an Associate Professor of Physical Therapy and Sports Residency Program Director at the University of Evansville and ProRehab. He also serves as a consultant for collegiate, professional, industrial, and soldier athletes to transform their performance and injury prevention systems. Since founding the University of Evansville and ProRehab Residency over 10 years ago, he is most proud of seeing residency graduates achieve their dreams, whether that be working for a pro sports team or becoming a faculty member, expert clinician. He received his Master of Physical Therapy degree from the University of Evansville and his Doctor of Science degree in Orthopedic Physical Therapy from Rocky Mountain University of Health Professions. He is a board certified clinical specialist in orthopedics through the American Board of Physical Therapy Specialties, a Certified Athletic Trainer, and a Certified Strength and Conditioning Specialist.



## **JENNA GOURLAY** PT, DPT, SCS

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Jenna Gourlay, PT, DPT, SCS is a full-time clinician for ProRehab. She is an adjunct professor at the University of Evansville and mentors within the sports residency program of ProRehab and University of Evansville. She enjoys using her sports background with the women's volleyball and basketball teams. She believes that the top is not the loneliest and as she works toward her ideal career, she wants as many people as possible to join her on the journey.

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What You'll Invest...

## **COURSE COST**

The course cost is \$997 to be paid at checkout.

We do offer a payment plan for monthly installments. The cost is \$99 per month paid over the course of one year.

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# \$997

or

# 12 payments of \$99

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What We Promise...

## **CANCELLATION /REFUND POLICY**

If you are not happy with the course or you don't see the change you hoped you would, we will give you a FULL refund.

We want nothing more than for you to be successful so the only thing that we do ask is **that you complete the first three weeks and use your free coaching call before you make your final decision.**

