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|  | <b>Understanding Mindset</b> <ul style="list-style-type: none"> <li>- What it is, the research and Fixed vs Growth mindset</li> </ul>  |
|  | <b>Understanding Yourself and Your Responses</b> <ul style="list-style-type: none"> <li>- Including personality profiling, understanding others &amp; how to work with others</li> </ul>   |
|  | <b>Emotional Intelligence</b> <ul style="list-style-type: none"> <li>- How to move from Self awareness through to self regulation, motivation, empathy and social skills.</li> </ul>   |
|  | <b>Tackle Tough Stuff</b> <ul style="list-style-type: none"> <li>- Self limiting belief, stress &amp; negative self image</li> </ul>   |
|  | <b>10 Steps to Confidence</b> <ul style="list-style-type: none"> <li>- Find the Courage to Overcome Negative Feelings In Daily Environments. Not Compromising Excellence.</li> </ul>   |
|  | <b>Creating Balance in 7 Key Areas</b> <ul style="list-style-type: none"> <li>- Physical; Emotional; Intellectual; Social; Environmental; Spiritual; Financial</li> </ul>  |
|  | <b>My Life to Live</b> <ul style="list-style-type: none"> <li>- Taking ownership and control for your life, choices and decisions. Create a plan and work a plan that allows you to become the person you want to be.</li> </ul>   |
|  | <b>Self Belief &amp; Self Esteem</b> <ul style="list-style-type: none"> <li>- Being comfortable with you and true to you. Learn to like yourself – who you are, what you are doing and where you are going.</li> </ul>   |
|  | <b>Attitude and Accountability</b> <ul style="list-style-type: none"> <li>- Accepting that your attitude -and willingness to be accountable for it - will determine your altitude in life is one of the greatest steps we can make.</li> </ul>   |
|  | <b>Courage &amp; Taking Risks</b> <ul style="list-style-type: none"> <li>- Redefining failure. Failure is not fatal, although it sometimes can feel like it. It can be the greatest thing to hold us back. Replace the fear with truths that will set you free.</li> </ul>   |
|  | <b>Power of Focus</b> <ul style="list-style-type: none"> <li>- The single greatest skill for improving productivity and output. Being able to do what you want and when you want it in the time that you want it done in is very rewarding and satisfying.</li> </ul>  |
|  | <b>Communication</b> <ul style="list-style-type: none"> <li>- Internal, external and the power of words and actions. Communication is the art of understanding. We all process what we hear, see and think through our personal experience, upbringing, culture, language and other filters. Knowing this allows us the opportunity to be more aware of - what we tell ourselves about what is happening, how we interpret it, and how we communicate our understanding in common terms with others from different backgrounds.</li> </ul> |
|  | <b>Feedback Loops</b> <ul style="list-style-type: none"> <li>- The quicker we can get feedback and learn how to accurately process it, the better quality decisions we can make. Learn how to effectively create feedback loops in your life that help you get into a productive flow.</li> </ul>  |
|  | <b>Habit Mastery</b> <ul style="list-style-type: none"> <li>- We are the accumulation of our habits. Learning to master our habits allows us greater control over our everyday life. Explore what habits are holding you back from allowing you to grow and how to build positive habits.</li> </ul>   |
|  | <b>Team Mindsets</b> <ul style="list-style-type: none"> <li>- Get a team focused on a common goal with a common uniting purpose that inspires them to take action and give their all. Create a team environment where team members are encouraged to grow and be positive, responsible and accountable, with a high degree of ownership.</li> </ul>  |