



Power & Achievement

Being successful and achieving what you set out to do is not luck and is not by accident. Highly successful people think and act differently to other people.

Through a combination of neuro linguistics, positive psychology and the works of Jung, this workshop will help you to change how you approach pretty much everything as we take the lessons learnt by the successful and apply them to our own situations. You will be able to create predictable results through deliberate ways of behaving.

Who will benefit from attending this programme?

Individuals dealing with any of the following:

- Conflict
- Wanting promotion
- Being bullied
- Aren't being listened to
- Feeling powerless
- Ambitious but can't make it happen

Pre-course Work

Participants will be required to complete an on-line evaluator prior to the course.

Course Modules

The process contains 7 modules:

1. Your true potential

- How thinking directly affects behaviour and ultimately self-belief
- Success and self-image and how one builds the other
- Dealing with the negative
- The 3 versions of yourself
- Understanding who you really are
- Reprogramming your self-image

2. Releasing your full potential

- Linking behaviour to your thinking
- Internal and external representations
- Self-talk that has a positive impact
- How to deal with negative behaviour and events
- How to build on successes to achieve goals

- Dealing with the inner critic
- How to build your self confidence
- Using emotional intelligence to work out what to do next

3. The Power of the positive

- Using flexibility to give you control
- Harnessing failure to create success
- Assessing truth reality and possibility questions to create solutions
- Empowerment and your relationship with the person affects the likelihood of success
- The 7 key beliefs of high achievers (in addition to Coveys 7 habits)

4. Goalsetting with enhanced success outcomes

- How values, goals and direction link together
- Creating the one vision that drives all others
- Getting unstuck
- Doing the things that matter and making them stick
- Using role models in a way that gets you thinking about what really matters
- Not doing the first thing you thought of – using the power of reason
- Creating goals that are multidimensional and mean something to you
- How to measure the success of those goals
- Overcoming obstacles
- Getting all your resources in line and deploying them
- Creating direction in everything you do

5. Maintaining momentum

- Dealing with self-doubt
- Overcoming stress
- Everyday actions to make yourself fit to engage
- How positive, happy and engaged people deliver more, more regularly
- Tuning your internal battery and engine management system for better running
- How to become immune to other people's doubts and negativity
- How to be charismatic without acting

6. Learning the lessons of successful people

- How to think like a millionaire
- Dealing with your subconscious and conscious
- The law of reversed effort
- Dealing with barriers to success
- Installing a new mind-set
- Anchoring your new positive thinking
- Measuring success in the right way
- Creating a blueprint for your progression

7. Creating positivity to release potential

- The effect of happiness on commercial confidence
- Setting goals that will happen
- Assessing yourself with instant feedback
- How to focus to get results
- Being authentic and how that releases you
- Balancing challenge and mastery
- Transforming your fears into flow
- Getting into the Zone for high performance

Each module contains practical applications of the thinking and is explained in plain English so you can use the tools straight away. It will change your life.