



Fully Engaged Workplace Culture Training

Objective:

Create long lasting change by working with your team in regular sessions, focussing on how to get where you need to be by learning self leadership and how to be fully engaged, energised and committed to a balanced life.

10 Sessions 1 Hour, Fortnightly or Monthly

Theme	Objective	Key Learning
HIGH PERFORMANCE	<i>Developing a positive perspective to become the high performer.</i>	<ol style="list-style-type: none"> 1. Realising how simple it is to be a High Performer when we have an understanding of perspective and energy. 2. Discovering your very own points of power.
FULL ENGAGEMENT	<i>Becoming fully engaged and going the extra mile every day.</i>	<ol style="list-style-type: none"> 1. Learning how to engage effectively and go the extra mile for yourself and those around you. 2. Knowing how to examine yourself regularly, diagnose faults and commit to a better you.
ENERGY CAPACITY	<i>Optimise your performance with a growing energy capacity.</i>	<ol style="list-style-type: none"> 1. Understanding your energy dynamics 2. Learning how to build your energy capacity to sustain high performance.
VISION & BALANCE	<i>Unleash the power of vision and balance to thrive at work and in life.</i>	<ol style="list-style-type: none"> 1. Defining your very own reason to be at work and for your lifestyle. 2. Connecting your reason with something more than materials. 3. Creating the 'Balance House' and vision to further develop that reason and to thrive with a planned mind.
LEADING	<i>Change, Adapt, Grow and lead yourself and others instead of just managing.</i>	<ol style="list-style-type: none"> 1. Growing and expanding your sense of belonging and taking ownership. 2. Learning the process to make situational, effective decisions. 3. Embracing the magic of learning from your own and others' mistakes.