

Bump GROUND HOG DAY

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A goal without
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Mastering your Mojo: Through Lockdown

The most important use of personal influence is how we motivate ourselves. How we make positive change to provide a greater sense of balance and enjoyment in our work and in life. One thing that COVID has given us is a complete shift in how we spend our time. We can all be forgiven for having moments through a pandemic and a lock down where we feel frustrated, overwhelmed - it is a time like no other.

Yet what if you anchored into a goal, a personal or a professional one and made it come alive - would it positively impact your pandemic experience. This workshop provides valuable insight and strategies into the building blocks of drive and intrinsic motivation. The primary focus is for participants to take the time to set a goal in one of their life domains...it might be something big or small. You decide. It is positively powerful to take the time to reflect, invest in yourself and to map out a goal using the best goal setting strategies from the field of applied positive psychology.

This workshop has been delivered to 1000's live and is now adapted to virtual delivery - to add a positive path towards bringing a goal during your Covid lock down experience to life. If you are feeling like your life is Ground Hog Day-- its time for a change and this one's for you!

Who Should Attend?

This course will be of value to all team members who need a kick start towards a goal. It might be just a quiet whisper at present or one that has been roaring for a while and reoccurs occasionally at New Years. Maybe now is the right time you at least put it on paper and explore it some more.

What's covered?

- Why goal accomplishment is so important for wellbeing?
- Get Clarity: Personal feedback wheel
- The Map: including the support crew + the strengths you'll need
- Staying motivated when it's tough
- The Goal

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Your presentation was empowering making us think about ourselves in a different light. It has made me rethink a lot of things I have often put on the too hard shelf and I will readdress some now with new confidence, direction and empowerment. The words 'I can' are very powerful indeed.

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Motivational and uplifting.
Brilliant speaker!

Office Professionals Conference
University of South Australia

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