

Preparing for Success

The Workshop

“Preparing for Success” is a 3.5-hour workshop that helps students maximize their university experience, manage stress, and ultimately develop life skills that future employers find most valuable. During the workshop students will come to understand the three biggest predictors of long-term success and receive tools, tips, and strategies to build a winning mindset, a dynamic social network, and healthy habits that are essential for success in any field!

At the end of the workshop students will receive a *Preparing for Success* tool-kit with a detailed action plan for implementing everything they learn. The goal is to condition the body, mind, and spirit for greater energy, confidence, focus, and performance. Students will also receive help in creating a peer-group to keep them motivated and accountable to their goals and commitments.

Key Benefits

- Develop competencies in areas that future employers find most valuable
- Learn the #1 thing that will help you manage and reduce stress
- Understand how to set yourself apart from the competition and align with your own inner compass, voice, and values.
- Develop a tribe and a social network that won't let you fail!

About the presenter

Elan Divon - Founder & CEO, Divon Academy

Elan is a Harvard-trained author and speaker dedicated to helping people thrive, prosper, and adapt in an increasingly automated world.

Following a brush with death at age 20, Elan left home and later quit a lucrative job in Manhattan to immerse himself in the study of ancient wisdom traditions and belief systems. He studied anthropology and comparative religion at McGill, Brandeis, and Harvard Universities, and went on to apply his knowledge to the education and nonprofit sectors. Since then, Elan has delivered countless personal development workshops to young professionals around the world, presents before businesses and CEO's, launched a social venture on NASDAQ, and most recently, co-created the world's first 3D printed book while serving as Vice President for Canadian Friends of Hebrew University.

More about Elan at www.elandivon.com



Workshop Breakdown

Introductions and Icebreakers (30 mins)

- Finding “purpose” and understanding why it’s important
- Learning to leverage your university experience towards what really matters
- Understanding the 3 main predictors of long-term success

Part I Mindset & Beliefs (45 mins)

- Beliefs: how they shape your perception, reality, and outcomes in life
- Learning to see what you ‘don’t see’
- Two mindsets: reactive vs proactive; victim vs victor
- Discarding internal limitations and cultivating a winning mindset

- 15 mins break -

Part II The Power of Network & Relationships (45 mins)

- Relationships as the key to career success, wellbeing, and fulfilment.
- Building rapport and enduring friendships
- Understanding what moves and influences people
- Building a diverse network and creating a tribe that won’t let you fail

Part III Managing Stress (30 mins)

- The psychology of stress and how to manage it
- Getting out of the mind: habits that will make all the difference
- Stress vs Tension; what’s the difference? And why stepping into tension is key.

- 15 mins break -

Part IV Wisdom for the journey (30 mins)

- Defining success and deciding what matters to you
- Service vs significance
- 44 Day Challenge and building life changing habits

Following the workshop, you will receive a *Preparing for Success* tool kit as well as a detailed action plan for implementing everything covered throughout the program.

Questions? Please email us at Bookings@DivonAcademy.com