

Preparing for Success: **Advanced Series**

7 x 1.5 hour workshops over 7 weeks for life changing impact and results!

Program Breakdown

Session 1: Understanding ‘The Game’ and Finding Purpose

- Welcome & Introductions
- Understand the unique challenges and opportunities you face
- Learn to leverage your High School / University experience towards what really matters
- Discover the 3 biggest predictors of long-term success
- Purpose: why it matters
- Defining your goals for the next years
- Tools and tips for clarifying your purpose and career path
- Learning to be intentional with your time and energy.
- Creating your “Vision Statement” and setting goals for the program

Session 2: The Initiation Method

- The art of transformation: what gets people to change
- Understanding the principles of initiation
- Initiations serving as your rite of passage
- The four thresholds you must cross and why

Session 3: Mindset Mastery

- Beliefs: how they shape your perception, reality, and outcomes in life
- Learning to see what you ‘don’t see’
- Two mindsets: reactive vs proactive;
- Tools to identify and discard limiting beliefs
- Learn how to handle and de-escalate negative emotions
- Empower and generate confidence from within

Session 4: The Power of Relationships

- The three gifts of relationship and how to leverage them
- Understand how to positively influence people
- Learn how to build rapport and enduring relationships
- Discover how to create a powerful social network
- Fine tune your listening skills
- Learn how to identify and understand people's needs as well as your own

Session 5: Stress Management and Building Great Habits

- Learn how to neutralize and manage stress
- Get out of your mind: effective tools that make all the difference
- Learn how to step into tension and why it matters
- Understand your 4 energy sources and how to nourish them
- 44 Day Challenge and building your personalized habit plan

Session 6: Overcoming Fears

- Understand fear and why it exists
- Move from fear to flow
- Learn 5 tools to help you face and gradually neutralize fear
- Discover 'the power of vulnerability'
- Vulnerability, leadership and better communication

Session 7: Defining Success and Tips for Your Journey

- Explore and define what success mean to you
- The problem of "success" in our modern culture
- The art of fulfilment – what is going to make you fulfilled?
- The role of character and values
- The importance of play, love, purpose and progress
- Letters of commitment
- Closing VIP exercise

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