

Workshop Breakdown

Introductions and Icebreakers (30 mins)

- What is “purpose” and why it’s important

Part I Mindset & Beliefs (60 mins)

- Understanding beliefs and how they influence your reality
- Learning to overcome obstacles and failure
- Discovering and discarding internal limitations

- 15 mins break -

Part II Network & Relationships (30 mins)

- The #1 Reason you will land, leave, and love your job
- Building rapport and listening skills: the keys to lasting relationships
- Building your network and leveraging your environment

Part III Managing Stress (30 mins)

- Understanding stress
- Practical tools for managing it
- Creating a peer-support network

- 15 mins break -

Part IV Closing and Wisdom for the journey (30 mins)

- Defining success and deciding what matters



Following the workshop, each participant will receive a *Preparing for Success* tool kit with useful tips for college, as well as a step-by-step action plan for creating winning habits. Group coaching will also be available for those interested.