

# Preparing for Success: The Complete Series

*5 x 1.5 hour workshops over five weeks for high impact and results.*

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## 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 experience towards what really matters
- Discover the 3 biggest predictors of long-term success
- Purpose: why it matters and how to find it
- 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: 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
- Learn how to generate confidence from within

### Session 3: 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 4: 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 5: 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



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**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](mailto:Bookings@DivonAcademy.com)