

Preparing for Success Series

Workshop Breakdown

Workshop 1 Introduction: *Challenges and Opportunities in an Age of Disruption*

This workshop explores the challenges students face in an age of disruption and how to navigate and overcome them. We'll look at how technology is changing the workforce and the skills needed to succeed and thrive professionally and personally. The presentation will therefore explore the 3 biggest predictors of long-term success and how to develop strength in these core areas. Skills include: 1) mindset, 2) emotional intelligence & interpersonal skills, and 3) the ability to handle stress and adversity. We'll also work on building trust and fostering openness in the group through ice-breakers and group exercises.

Workshop 2: *Setting 'Stretch Goals' and Developing Purpose*

In this workshop, students will understand the power of goal setting and why clarity is power. Drawing upon the SMART goal system, students will develop short and long term goals and create an 'end of year statement' outlining three stretch goals and the steps needed to achieve them.

We will also unpack the concept 'purpose' and begin to understand what purpose means and how to find it. In doing so, students will reflect upon their strengths, areas of interest, curiosities, and passions, and how these might be further developed and integrated into a future career. We'll end by discussing how success requires a service orientation, whereby the only way to become 'significant' and have impact is to serve others.

Workshop 3: *Stress Management, Peak Performance, and Developing Winning Habits 1*

Students will understand what stress is, where it comes from, and what they can do to manage and minimize it. They'll also learn practical tools and strategies for de-stressing in high pressure situations and learn the difference between stress and discomfort. Furthermore, students will understand why stepping into discomfort is essential for their growth and development. Pivoting from stress to the science of peak performance, students will learn about flow states, its benefits, and how to induce flow in order to enhance their focus, creativity, and productivity.

In the second part of the workshop, we'll discuss the importance of smart habits in helping to reduce stress and maximize performance. Students will then create and customize their own 'habit plans' by selecting from a menu of activities proven to enhance physical, mental, and emotional wellbeing. They will then commit to a "challenge" duration of 22 or 44 days to implement their plans, while creating a support network and 'tribe of 5' to help them stay motivated and accountable.

Workshop 4: *Stress Management, Peak Performance, and Developing Winning Habits 2*

In this session students will share feedback and observations on their habit challenge. We'll explore what worked, what didn't, and discuss strategies for following through when procrastination happens or life gets in the way. We'll also explore how to leverage group support and internal motivators. This session is about going three steps deep to take three steps forward, helping students turn their newfound habits into a lifestyle that builds discipline, forges character, and ultimately improves their academic performance and wellbeing.

Workshop 5: *Mindset Mastery*

Students will learn about the power of beliefs and personal narratives and its effect on mindset. Students will also discover how to cultivate a growth mindset; one that is characterized by optimism, grit, and the long-term approach. They will come to understand that success is not about their resources, but rather, resourcefulness, and that their past does not have to determine their future. Topics we'll discuss include:

- How beliefs shape our perception, reality, and outcomes in life
- Learning to see what we 'don't see'
- Two mindsets: reactive vs proactive
- Cultivating grit, resilience and a long-term approach
- Tools to identify and discard limiting beliefs
- Learning how to handle and de-escalate negative thoughts and emotions
- Learning how to generate confidence from within

Workshop 6: *EQ and Interpersonal Skills*

Emotional intelligence is one of the most critical predictors of success. Research shows that the higher you go up the (career) ladder the more emotional intelligence matters: “for top leadership positions they are about 80% to 90% of distinguishing competences” (Daniel Goleman), while 75% of careers are derailed for reasons related to emotional competencies according to the Center for Creative Leadership.

In this presentation, we’ll learn simple techniques to develop our emotional IQ in order to improve interpersonal relationships, communication skills, and emotional / cognitive control. Topics we’ll discuss include:

- How to identify emotions and better regulate them
- Understanding how emotions affect our judgment and decision-making process
- Connecting with other people through positive emotion
- Learning how to build rapport with people who are not ‘like you’
- Fine tuning listening skills, body language, and learning how to build trust
- Understanding the 6 basic human needs

Workshop 7: *Defining Success and Tips for the Journey*

What does success mean? What does it look like? And how do you get “there”? In this final workshop we’ll integrate everything we’ve learned and start thinking critically about success. Students will come to realize that part of their journey in life is to define what success means to them and avoid measuring success based on subjective cultural standards. They’ll also appreciate that success is not always a destination or place but rather an inner space and a state of being. In so doing, we’ll draw upon a Harvard research study on ‘what makes a good life’ and gain wisdom from the science of happiness.

In the end, students will draft and read letters of commitment they would have been asked to prepare, and participate in a closing exercise and ceremony.