

Course ID

**EMPOWER**

Course Duration

**1 day**

Course Title

**Empower Your Mind, Empower Your Business!**

**Aimed At**

All who wish to accelerate their personal growth and business success.

**Group Size**

7-25

**Prerequisites**

There are no formal prerequisites.

**Course  
in a Nutshell**

In today's complex world, with its barrage of mixed messages and conflicting priorities, it's not hard to lose sight of who you really are and what you need to do to achieve success in your profession or business. This dynamic, highly interactive workshop will help you uncover your authentic passion, set your goals, consolidate your focus, and unlock your potential to achieve the results you are *really* seeking.

You will discover the negative tapes that run in the back of your head and learn how to reprogram their content. You will learn the traits of high achievers and how losing is merely a lesson to be incorporated into your success strategy. We will show you how to develop a practical Empowerment Plan that will sustain your path to success. The course will provide you with practical tools you can apply immediately to put you on the road to success.

**Customize It!**

Customize this course at little-to-no additional cost to your specific needs. Tell us about any special issues faced by your team -- such as below average morale, change and uncertainty, undefined business goals, and sub-optimal business results -- and we'll help you address your challenges by working your issues into this workshop.

**Learn How To**

- Understand how thoughts affect outcomes
- Identify your personal "Not Enough" tapes
- Develop empowered habits and belief systems
- Overcome inherited patterns of thought
- Shift perceived failure into gain
- Discern between inspiration and when to apply motivation
- Align with your natural talents and prosper
- Apply the three-step Positive Segmenting Method
- Design your personal empowerment plan
- Sustain your plan and what to do when you get "stuck"
- Become more successful

## Course Outline

- Introduction to Course
  - Welcome and Introductions
  - Course Objectives and Road Map
  - Discussion: What Is Empowerment
- Introduction to Empowered Thinking
  - Inspiration versus Motivation
  - Habits of Thought: Intentional vs. Inherited
  - Meta Programming from the Cultural Perspective
  - Background Tapes
  - The “Not Enough” Syndrome
  - Exercise: Identifying Limiting Belief Patterns
- Qualities of High Achievers
  - Instincts and Aligning with Natural Talents
  - Winners “Lose” Differently
  - Examples of High Achievers in Business and Sports
  - Engaging in Visualization
- Positive Segmenting
  - The Three Step Method
  - Application
  - Role Play: Determining Your Personal Positive Segmenting
- Goal Setting and Planning
  - Group Exercise: Developing Your Personal Empowerment Plan
  - Follow up Group Discussion
- Wrap up and Follow Up
  - Sustainability Techniques
  - When You Get “Stuck”
  - Additional Resources

## How You Will Learn

- A seasoned instructor will present this course in “workshop” (lecture/practice) format.
- Because everyone learns differently, all modes of adult learning – visual, audio, and kinesthetic – will be incorporated into the instruction.
- You will receive a printed Participant Handbook which will help you remember and retain what you learned in class and apply it on your job.

Revised

May 28, 2008f