

# Foundations for success and wellness

***“The temptation to give up is strongest before victory.”***

*Zen Quote*

## **Defining success and wellness is personal.**

Limited only by your vision.

Mastering how you live and work, so you have the health to enjoy life is essential. It sets firm foundations for creating your vision of success on your terms.

It starts when you decide to be the best version of yourself. Ideally by choice. Often because a tipping point or catastrophe has forced your hand: an accident, illness, injury, relationship breakdown, or serious work or life event.

We work with four cornerstones for engaging fully, achieving results, developing resilience and focusing on what matters in your life: Mindset and Emotions, Communication, Wellness, Living Present.

The **Foundations** program combines our two **Essentials: The Getting Started Kit** programs with Mindset and Present day Actions, in a unique and complimentary way. It contains vital clues for better work-health-life results – whilst enjoying, rather than destroying, yourself each day.

In life? You’ll feel in charge of creating and experiencing the life you want.

At work? You’ll contribute to a stronger internal and external customer-focussed culture – and a safer workplace. Based on healthy communication and wellness.

**Ready to find out more or book?**

**Contact Anne today:**

P: + 61 493 119 721

E: [answers@livepresent.com.au](mailto:answers@livepresent.com.au)

W: [www.livepresent.com.au](http://www.livepresent.com.au)

## **Part One: Mindset Matters**

Explore how mindset and attitude sit at the core of what we do and how we do it. As well as how each action - and inaction - is preceded by a thought.

We’ll work with strategies to feel in charge and be self-reliant in any situation.

## **Part Two: healthy conversations Essentials**

Unlock your ability to find the right words and know how to say them. Join thousands who successfully use *The Failsafe Approach™* to approach even the most challenging conversations and achieve optimal outcomes. We’ll work together with *your* real-time, real-life examples.

## **Part Three: the heart of wellness Essentials**

Uncover what sits at the heart of wellness to discover your version a high quality life. You’ll develop a *Wellness Ethic* to support your Work Ethic, plus a personal roadmap to achieve success and wellness.

## **Part Four: Living Present with Action**

With a focus on being present, we’ll build on what we covered in Parts One – Three. You’ll create a personal, or group Action Plan – or both – to start moving from where you are now to where you want to be.

## **Follow-up Session**

We review Action Plan progress after approximately 4 – 6 weeks, refocus your steps for success, and cover additional information to help keep you on track.

## **All programs include:**

- Pre-program contact
- WorkBook and Action Plans
- Support information during and after the program

**livepresent**

Success + Wellness in Life + Work

