

excel and be well

“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. Yet most often because a tipping point or catastrophe in work, health or life has forced your hand: work or career situation; relationship breakdown; illness or injury.

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 program combines our two **signature programs** with modules on Mindset and Living Present with Action, in a unique and complimentary way. It contains vital clues for better work-health-life results – whilst enjoying, rather than destroying, yourself.

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

At work? You'll work better, and contribute to a stronger internal and external customer-focussed culture – and safer workplace. Based on optimising the link between communication and wellness.

Ready to find out more or book?

Contact Anne today:

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General Content Overview*

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, plus self-reliant and solution-focused, 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 of high quality life. You'll develop a *Wellness Ethic* to support your Work Ethic, plus a personal road map 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

Review Action Plan and Projects; refocus your steps for success; cover additional information to help keep you on track.

All programs include:

- Pre-program contact
- WorkBook and Action Plans
- Support information/additional content during and after program

* *Foundations and Tools For Life* versions.

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Success + Wellness in Life + Work

