

5 Session Interactive Workshop Passion2Success

First Session: **BUILD YOUR DREAM BOARD:** 3 hours

- Reconnect with your TRUE SELF to discover your DREAM (Use of **ENERGY TYPE** exercises)
- DESTRESS and Have FUN building your DREAM BOARD
- DREAM + DATE = GOAL; set your goals for future achievement
- VISUAL ENERGISER: your dream board is your Visual Energiser
- Use of **VISUALISATION** to maximise your chance of **SUCCESS**

Second Session: **AWARENESS and ANALYSIS:** 2 ½ hours

- **WHO** am I?
- What is my **PASSION**?
- What is my **STRENGTH** zone?
- What is my **PURPOSE** in life?
- Discover your true nature through **energy type's exercises**.

This is a **PROCESS** to go through to rediscover who you really ARE, what your TRUE NATURE is, and what were the UNIQUE GIFTS and TALENTS that were given to you at birth.

There is a deep reason for your natural gifts and tendencies: give yourself the right to discover them and live a life with your **TRUE POTENTIAL** and **PASSION**. **CLARITY** is crucial in this process and in Goal setting.

Description of the 4 energy types:

Their natural gifts and talents

Their dominant quality

What is important to each type?

Their challenges

Personality traits

Thought and feeling processes

Communication

Behavioural tendencies

Dos and don'ts

Third Session: ACCEPTANCE: PERSONAL and SOCIAL RESPONSIBILITIES

PERSONAL RESPONSIBILITY

- Take 100% responsibility for everything you experience in your life
- Event + Response = Outcome. Using the formula **E + R = O** to regain **CONTROL** of your thoughts, images, dreams..... your **LIFE**
- Use of **EFT** (Emotional Freedom Technique) to **UNBLOCK** emotions and deep beliefs to liberate your TRUE POTENTIAL and PASSION.
- **EFFECTIVE** and **FAST RESULTS** with **EFT** method to bring back peace, confidence and laughter into your life.
- Emotional health = foundation for SELF CONFIDENCE = CATALYST to ACHIEVEMENTS = SUCCESS.
- **SELF-APPROVAL** and **SELF ACCEPTANCE = KEYS** to **POSITIVE CHANGE**
- Breathing Exercises

SOCIAL RESPONSIBILITY

- Feel RESPONSIBLE towards other people
- SELF RESPECT = foundation for RESPECT for OTHERS

Fourth Session: ATTITUDE and ACTION

ATTITUDE: attitude is EVERYTHING

- **CHOICE** of **THOUGHTS** = **QUALITY** of **ATTITUDE**
- EXCELLENCE against MEDIOCRITY
- **CHANGE** of **THOUGHTS** = **CHANGE** of **RESULTS**
- **ONLY YOU** can change your THOUGHTS
- **ONLY YOU** can change your LIFE
- Use of AFFIRMATION

ACTION

- **START NOW! JUST DO IT!**
- How to **GET STARTED**

PASSION TEST and **SKILLS TEST**

BREAK OF THREE WEEKS

Fifth Session: Workshop WRAP UP

- **DREAM** and **PASSION** sharing
- Discovery of **LIFE PURPOSE**
- Setting GOALS Process
- Short term and long term PLANNING
- Learn the **SUCCESS STRATEGIES**
- Annual **SUCCESS** Challenge