

Life 101 Workshop

Prepare for the Grand Adventure you are ready to embark on!

Life 101 is a workshop designed to give you the opportunity to anchor yourself in your own sense of purpose and find ways to be fully engaged in executing your career path. Each part of the program identifies the foundations to make optimal choices and gain clarity in the next steps of your personal and professional development. The process will provide the tools for analyzing how you grow and change as well as techniques for prioritizing what you want from work and life.

Workshop Focus:

- How to utilize your DISC style and Workplace Motivators in your work and life
- How to discover and execute your purpose and personal vision
- How to leverage your strengths in your personal and professional growth
- How to balance daily priorities and tradeoffs

Top 10 Takeaways:

1. Develop your own value-based vision
2. Leverage your strengths and unique talents in the workplace
3. Gain clarity
4. Create Accountability and confidence to accomplish your personal goals
5. Understand tolerations and obstacles that get in your way
6. Exercise effective communication skills
7. Utilize personal strategies to manage change
8. Increase your energy and motivation
9. Execute your plan
10. Have fun doing it!

"Watch your thoughts, for they become your words. Choose your words, for they become your actions. Understand your actions, for they become your habits. Study your habits, for they will become your character. Develop your character, for it becomes your destiny." --anonymous

How it works:

- Life 101 is a team workshop guided by a certified True Life coach in person or via teleconference
- The ideal team consists of 8-10 individuals dedicated not only to their own growth but to the growth of others in the group as well
- The group meets 6 times, every week for six weeks.
- Each week, participants will check in with one other participant to provide maximum learning and accountability
- The coach will introduce and explain weekly, results-oriented exercises, which were developed specifically to assess the participants needs and growth opportunities

To Register:

Go to www.truelifecoaching.com and find the workshop. Your welcome packet and first assignment will be emailed to you. The Class is \$400 which includes materials, tools and group coaching sessions.

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