



# WAKENING

— PERSONAL DEVELOPMENT & LEADERSHIP COACHING —

## Corporate Coaching Course – I Love My Job!

Duration: 6 Months (1 ½ Hours x 13 Sessions)

*'I love my job' is a custom designed 6 month , 13 session course that will encourage you and your colleagues to reach for the greatness within, and help you to enjoy every day of your life, every moment of your work, despite all challenges and circumstances. As a result of this coaching programme you will have stronger teams that work together with inspiration and purpose towards a common vision. When each individual functions as a leader and reaches the peak of their potential, your organisation will rise to greatness.*

### **What you have to look forward to...**

#### Session 1: Goals - The Building Blocks of Success

This first session contains the tools you need to lead you onto the path of success. The 'Life Wheel', used in this session, is an assessment of your life and identifies the areas which need the most attention. You will then go on to learn the correct technique of brainstorming and setting goals. Powerful daily action steps and visualisation techniques will keep you on track and inspired.

#### Please note:

Each session to follow starts with a 'Check In' and an assessment to track your progress. Action steps given at the end of each session will be checked at the beginning of the following session.

#### Session 2: Resources and Milestones - Essential Stepping Stones to Your Goals

The 'Model of Change' is presented to you in this session, which illustrates how the process of transformation takes place. This is a powerful tool which makes you aware of where you are on the path to change and demonstrates that reaching your goal is not as hard as it seems. We then break your goal down into smaller achievable action steps by creating milestones and a defined time frame for each milestone.

#### Session 3: Motivation - Creating the Beliefs that Lead to Success

In this session we look at the beliefs you have that support you in achieving your goals. Your thinking and belief system will start to align to the new life you desire. Old negative beliefs that are holding you back will be identified. You will learn how your beliefs become a self fulfilling prophecy and that you have a conscious choice in the thoughts you choose and beliefs that you have.

#### Session 4: Beliefs - New Beliefs that Empower and Build Individuals and Teams

Have you ever wondered where your thoughts and beliefs come from? This session answers these questions, and will lead you to realise that you don't have to become a victim of your circumstances, but rather a controller of your destiny. You will do this by creating and choosing the beliefs that serve you and your organisation best.

*"You become what you think. You are what you believe. Nothing happens to you unless you give it permission to affect you." Alvin Govender*

#### Session 5: Values - Adopting a Value Structure for Ultimate Success

'Moving away from and towards values' looks at the values that you desire to live by and identifies any conflicts that prevent you from living those values. You will then identify the values you need to practise to achieve your goals.

### Session 6: Rules – Being Happy in Every Moment is a Choice

We all create rules sub-consciously in our life. This very often prevents us from enjoying every moment, and living life fully.

‘Only when I am financially free, will I be happy.’ This is an example of a rule that procrastinates our happiness to a later point.

In this session you will examine the rules you have created that are keeping you from enjoying success and happiness, and create new rules that are designed to make you feel good all the time.

### Session 7: Six Human Needs –The Reason and Inspiration for Success

1. Certainty
2. Significance
3. Growth
4. Variety
5. Love and Connection
6. Contribution

These needs describe what we work towards each day in everything we do. Your desire to satisfy these needs is the reason behind every action. Understanding your needs will allow you to create the correct actions to achieve success.

### Session 8: Projection – The Art of Effective Communication

At the beginning of this session a quick recap will be done to show the progress that has been made thus far. The ‘Model of Change’ will be looked at again to demonstrate the success and progress you have achieved during the coaching course. You will then experience an exciting and interesting look at how communication is projected. Beliefs, values and rules impact on how we see the world and this affects the way we communicate. Just by changing the lens of your beliefs, values and rules you will start to see and live in a new reality.

### Session 9: Responsibility – Creating Freedom by Defining Leadership

This is a truly dynamic session that teaches you how to take control of your life by accepting responsibility. You will no longer blame or justify when things don’t go according to plan, but rather take the relevant actions to get you back on track. If you do not take responsibility for your life and actions, your life is at a standstill.

‘Responsibility is your ability to choose your response’.

### Session 10: Questions – Understanding Who You Are and Why You Are Here

Thinking is nothing more than the process of asking and answering questions. So in order to change your thinking and have a deeper understanding of who you are, simply change the questions you ask.

When you are in a negative state of mind you naturally tend to ask questions that lead to further depression. You begin to wonder “Why is this happening?” and “What did I do to deserve this?”

In order to change your mindset, simply change your choice of questions such as “How can I put a smile on my face?” You will soon become aware and be able to make use of this simple and effective technique of changing your thoughts from a negative to a positive state.

In this session you will design questions that keep you inspired to achieve your goals and to live in constant love and happiness.

### Session 11: Long Term Goals – Thinking Bigger than You Are Thinking Now

‘If I knew I could not fail and I could be or have anything in my life that I wanted, who would I be and what would I have?’

By this session you would have realised that you have the ability to think and achieve bigger things. Your faith in your own ability would have increased and therefore we sit down and brainstorm goals that push you beyond all limitations to a life of success you would not have previously imagined.

### Session 12: Purpose – Bringing More Meaning to What We Do

Having a clearly defined purpose is something very few people have taken the time to invest in. When you concentrate on your purpose, you develop a clear picture of success. Living with intention means you have a focused life by doing the things that add value.

This session assists you by looking within to find this intention. You will also write your own statement which identifies your primary life purpose.

### Session 13: Celebration Time! Living Each Moment with Inspiration from Now On

In this final session we will examine your newly designed ‘Life Wheel’ which will show you how much you have grown and developed. You will look back at the success you have achieved and use this as a platform to create even bigger goals. We will recap on the tools and techniques you have learnt and you will continue to create the steps on your journey to greatness.