



Power of Purpose *One-Day Open Course* *Overview*

Power of Purpose open course

Explore why, how and where you matter

A sense of Purpose can make a huge difference, especially now that everything has changed around us. If ever there was a time when Purpose could play a key part in how we think, behave, and feel, this is it.

Managing stress and daily challenges is easier when we know what our purpose is. Purpose feeds our personal values, which in turn inform our behaviour and emotions.

The content of each workshop will be shaped around the needs of the delegates, making the work relevant and practical.*

Ahead of the course, we'll provide pre-course preparation to get juices flowing and the mind focused...

This course will help you with:

- *Why 'Who' Means Everything*
- *What Have You Always Known?*
- *Key Moments of Choice*
- *What Gives You Satisfaction?*
- *What Do You Do?*
- *How and Where Do You Matter?*
- *Defining Your Purpose*
- *What Gets in the Way of Fulfilling Your Purpose*
- *Purposeful Action Plan*

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**Course Content*

Your Unique Self: Why 'Who' Means Everything

- Who are you?
- Who influenced you?
- What are your values?
- What are your core strengths and abilities?

Doing things 'On Purpose'

- What have you always known?
- Themes in your life where you had certainty

Key Moments of Choice

- What informs our choices and decisions?
- Active vs Passive Choosing

What Gives you Satisfaction?

- Areas in your life where you derive satisfaction
- What brings you joy?
- How Satisfaction links with Purpose

What Do You Do?

- Difference between who you are and what you do

Mattering Matters

- How and Where Do You Matter?
- Who do you matter to?

Defining Your Purpose

- Define your purpose and bring it to life

What Gets in the Way?

- Simple ways to overcome and shift your blockers

Purposeful Action Plan

- Small changes to ensure a more satisfying and purposeful life

Power of Purpose one-to-one remote training

Benefits of One-to-One Skills Training

This Power of Purpose course is available as a 2-hour, one-to-one remote session.

Choose your time. Have a briefing call from your trainer and off you go.

The content of each session will be shaped around your needs, making the work relevant and practical.

- A completely personal, in-depth, and confidential look at your specific issues
- Dynamic, empathetic, and highly experienced coaches
- Get to the heart of your issues with speed and effectiveness
- Delivered online
- Two hours of personal one-to-one attention
- Pre-assessment of the issues you want to cover

Contact details



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