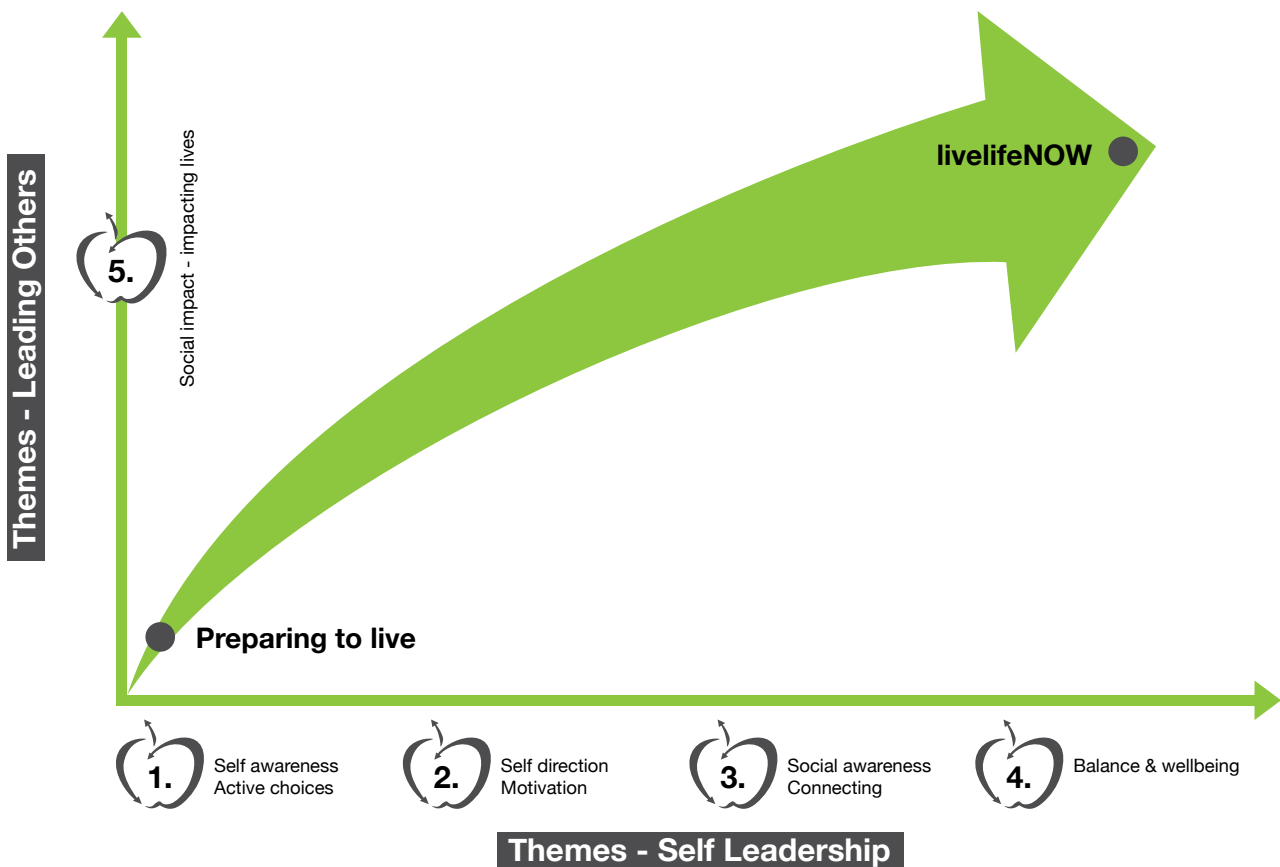


Now! Series Themes and Workshops overview



Theme 1 - Self Awareness and active choices – beyond habit and patterns of belief

Catalyses changes in an individual's perspective which then manifests through three core sets of relationships:

Inner relationship, the one we have with ourselves,

Internal relationships, the ones we have in our teams and in the business,

External relationships, the ones we have with people outside of the business (our customers, suppliers etc).

The inner relationship, what happens in our head, is the starting point . Whatever theme we work with, we focus on beliefs first. Unless we can 'un-limit' beliefs, new skills are not sustainable under pressure.



Theme 2 - Self Direction and motivation - being inspired by 'why'.

Catalyses alignment between 'why' and 'how' a person does 'what' they do. Life functions at these three levels and yet most of us only know what we do and how we do it. Money is a result not a 'why'.

The theme explores **intrinsic motivation** and supports personal clarity in the areas of **values, talents, strengths, purpose and meaning**.

Theme 3 - Social Awareness – growing EQ in the context of communication.

Emotional Intelligence (EQ) is about engaging people with themselves and others in a way that they can shift from communicating in a 'telling' way to connecting in an 'involving' way.

The theme develops practical ability to:

Have a **less judgmental** response to life circumstances

Be able to reach a neutral **viewing point in pressure situations**

Listen and **discover** others' perspectives in relationships

Get away from **stereotypes, assumptions and perceptions**

Connect with a mindset of **win-win intent**.

Theme 4 - Balance and wellbeing – managing and renewing personal energy

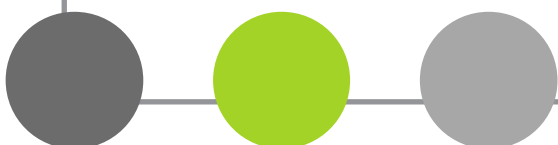
Through recognising that we have a fourfold life to live; a body, a brain, a heart and a soul, each of which is a powerful energy resource, we can impact our wellbeing. Wellness is a state of harmony and balance that exists between these aspects of self and the external environment.

While the number of hours in the day is fixed, the amount of energy available to us is not. In this theme we explore these 4 distinct and yet interdependent sources of personal energy so that each person is more able to balance energy out with energy in.

Theme 5 – Leading others - impacting lives

Whereas 20th century business was largely focussed on perspectives like performance management, critical reasoning, total quality, strategic planning, financial results, profit, etc., the 21st century is catalysing a new leadership accountability for making decisions and impacting in a way that considers people and the world we live in.

This theme catalyses an **individual's expression of leadership** through the insight and ability to shift from the **'Old deal'** to the **'New deal'** It isn't about denying the rational 'hard' skills. It is about developing a parallel set of skills that enables and inspires a leader to act appropriately in each situation.



Shifting from the Old to the New requires a commitment to transformation - initially personal and then organisational. Some examples of the shift are:

Old Deal

Enforced
 Controlled
 Oppressed
 Manage weakness
 Reactive
 Direct
 Blame
 Have the answers
 Keep wheels turning

New Deal

Empowered
 Inspired
 Energised
 Grow strengths
 Proactive
 Connect
 Share risks
 Explore the answers
 Pioneer new paths

By combining various NOW! series themes we have put together the following workshops:

change NOW!

Theme 1 2-day workshop

connect NOW!

Themes 1, 3 3-day workshop

inspire NOW!

Themes 1, 2 3-day workshop

live NOW!

Themes 1, 2, 4 4-day workshop

or

Themes 1,2, 3, 4, 6-day workshop

lead NOW!

Themes 1, 3 plus 5 4-day workshop

