

ONE DAY WORKSHOP – DATE:



When you are a Resilient Professional you have the ability to follow through in spite of challenges, frustrations and mental stress. You know your success is based on consistent follow through on the “little things”



Shaun Humphries
TCC Founder
Workshop Facilitator

Register online at
takechargeofchange.com
or call 204.977.8026

Become a Resilient Professional

BOOST ENERGY, PRODUCTIVITY AND ORGANIZATIONAL EFFECTIVENESS BY DISCOVERING A PROVEN 6 STEP SYSTEM

In the **RESILIENT PROFESSIONAL** workshop you will learn resiliency strategies that enhance your success. Boost your productivity and achieve more in less time by applying the **6 Step Professional Success System**;

- Boost mental focus and creativity to make your presentations more compelling and action orientated.
- Supercharge physical, mental, and emotional energy for career success.
- Learn and apply the 5 wellness strategies for productivity
- Apply the latest research on **habit** formation and **goal achievement**
- Learn and apply a planning process that will demonstrate to clients and staff that you can show leadership and solve problems and motivate them to **take action!**

Learn to;

- Overcome the 6 Forces that sabotage goal achievement
- Achieve goals by using **peak performance** strategies from the world of sport
- Enhance your client and team relationships by applying the 5 critical trust building habits.
- Focus effectively by applying the **4 distraction busting strategies**
- Apply focusing strategies used by top athletes to your key processes and activities
- Learn a **powerful question** that can confirm if your client/team will trust you

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YOU SHOULD ATTEND IF YOU WANT TO;

- Learn mental focusing and brain health strategies to accomplish greater results in less time.
- Learn and apply the five master strategies to improve personal energy for organizational success.
- Learn personal organizational strategies that will allow you to take control of your in-basket (e-mails/ paper) so little things don't become big and bad things.
- Learn the psychology of habit formation to propel you to personal success and goal achievement.
- Learn how success flows out of relationships built on respect, integrity and honesty. Learn the key TRUST habits to implement for organizational success.
- Learn and apply a powerful process that builds trust, demonstrates competence, clarity and shows leadership that encourages action by clients
- Learn the 10 Productivity Skills that all successful professionals have in common

Gain a Competitive Edge

Now, more than ever, **resiliency training** is needed in our professional and personal lives. Why? Because the world is changing rapidly and dramatically. Demands on professionals are higher. Client expectations are higher, they have unlimited information at their fingertips and they want solutions now! To deliver consistent results takes **resiliency and energy**.

Many professionals struggle to sustain high performance under these conditions. Their performance suffers, client relationships become strained and health and energy deteriorates. As a result, targets may not be achieved. As a professional, sustained success, health and happiness can happen when you employ **Resiliency Training** in five interconnected areas;

- Mental Training
- Relational Training
- Emotional Training
- Physical Training
- Cultivation of Mission

Resiliency training in these five key areas is especially vital because;

- You need to consistently perform – even when you don't feel like it
- Your organizational success comes through perseverance and persistence. These actions require mental focus and emotional resilience.
- You require mental clarity and creativity to prepare winning solutions for your organization and stakeholders. **Resilient brain health** can produce this outcome.
- Healthy relationships are based on trust, integrity, and patience leading to success both at work and home. We sabotage important relationships when we are not resilient in the five areas of resiliency training.

OUR 6 STEP SYSTEM HELPS YOU OVERCOME CHALLENGES PROFESSIONALLY AND PERSONALLY!



Who Should Attend the 6 Part Formula to become a Resilient Professional Program?

Everyday you are accountable to follow through in your personal, professional and family life. **You recognize that it is consistent follow through on the small things that can lead to dramatic improvement and accomplishment in the various areas of your life.** You recognize that even small improvements in physical energy, mental focus, and improved organizational skills can have a big impact. You are looking for strategies you can apply to improve professional and personal outcomes.

This workshop is for you if;

- You find that your energy and stamina is not what it used to be. You want to learn about and apply **energy boosting strategies** to accomplish important missions
- Everyday you are struggling with distraction and a lack of focus. You want direction in this area so you can be more productive and accomplish important goals
- You know important relationships in your life could be better. You are eager to learn practical tools to improve the quality of your relationships and the positive legacy you can create today.
- You marvel at the accomplishments that high performance athletes achieve. You desire to learn the **peak performance goal setting and focusing strategies** used by athletes and how they can be applied to your work, family and personal life.
- You understand that health is not about losing 20 lbs. – great health is the powerful synergy between our emotions, body, mind, soul and habits. You want to tap into this powerful interaction to improve your health.
- You want to learn and apply the **6 strategies that boost willpower and goal achievement**



“Solid content, comprehensive program, excellent framework to provide structure toward change a change initiator.”

– Dr. Ian Mogilevsky

WORKSHOP DETAILS

Date:

Location:

**Registration
8:30 to 9:00 am**

**Workshop 9:00 am to 5:00 pm
(lunch break 12:00 to 1:00 pm)**

Tel: 204.977.8026

Email: info@takechargeofchange.com



What You'll Learn

The Six Part Formula to Become a Resilient Professional

Our Resiliency Training Modules for organizational success have been developed to assist you to make breakthroughs in your profession. High performance athletics provides the model for Resiliency Training. We draw from sport, business and family life to deliver the 6 Part Formula to become a Resilient Professional.

PART 1: Tapping into Purpose & Mission Purpose energizes and fuels our career and personal success. Sustained energy can't be accomplished unless it's linked to powerful Mission(s) in your life.

- Learn about the **values grid** to get clear on core values
- Learn the techniques that will link your Missions to the key success habits behind tapping into purpose and mission.
- Apply the 4 step Mission & Purpose Exercises

PART 2: Successfully Apply the 6 Strategies for Change We all have good intentions to change the habits or patterns that get in the way of implementing success strategies. Often, it's not knowledge we lack, its failing to consistently apply our knowledge that get's in our way. In this section;

- Learn why **will power** is not enough and how subconscious forces keep us from achieving our goals
- Learn 6 key principles that can be implemented to assist **will power** in your quest to change and follow through on your goals.
- Learn the master principle for customizing your personal change program

PART 3: Mental Focus & Capturing Consciousness There are only so many hours to get things done and distractions are a constant challenge. That's why focusing strategies are so critical. Professional success is directly connected to your ability to mentally focus on your key activities and to fight distraction.

- 7 strategies to stay in your **focus zone**
- 3 exercises that can help you to tap into your creative powers
- Understand how the **principle of oscillation** can help you tap into body's natural energy and focus cycles
- Use the **Strategy Matrix** to help you plan and execute your plans
- 7 Health practices to maximize cognition and brain health

PART 4: The Connection Between Physical Health & Career Success

Whether we like it or not, our physical health will have a direct impact on career success. Neglected health negatively affects our energy, mental focus, relationships and self esteem. Whether just beginning on a renewed health journey or completely committed to wellness, you will learn some cool strategies that you can apply immediately.



- **10 powerful strategies** that will help you achieve your ideal body weight. Result – more energy and more sales productivity and you'll look better in a bathing suit!
- Boost your metabolism and health – apply the 4 powerful metabolic principles
- **Supplements** that should be in your briefcase/purse
- Learn about the foods that could be destroying your health and zapping your energy and learn about healthy alternatives
- Learn the one total body exercise system that acts like a **"fountain of youth"**

PART 5: Power of Relationships and Connecting for Professionals

Look around you. The truly great career professionals understand that long term success is tied to the quality of their relationships and teams (work, home, community)

- Learn and apply the **5 Habits of Trust** that are critical to the success of all relationships
- If people like you they want to help you. Discover how you can increase your **likability factor** and achieve more success in all areas of life
- In the age of smart phones, internet and emails learn 2 relationship strategies that will show true appreciation and build relationships and connection that no technology can help you duplicate
- The "lone wolf" mentality will sabotage organizational success – **apply the 5 core strategies for building your teams**

PART 6: The Professionals 4 Step Planning and Action System

(Putting the Ideas into Action) At the end of the **6 Step Resilient Professional System** workshop you will understand the strategies, decide on which ones you can apply now and then develop a plan of action. One of the most important steps in the process is having a system in place that will help you stay on track and accountable. In this section, **we will teach you a powerful planning, implementation and review process that will keep you on track and focused so you achieve your objectives.**

Included with this workshop are PDF/Digital Success Planning Templates as well as instructional MP4 video programs that will reinforce the workshop experience and help you to apply key points covered throughout the workshop.



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WHAT YOU'LL RECEIVE

- **A comprehensive 250 plus page workbook that includes; resource material, & reflection exercises. This workbook will be useful to you long after the workshop is over.**
- **A powerful accountability system complete with pdf documents and DVD instructional video**
- **A complete DVD instructional video on mastering the "6 Change Principles"**
- **"Mastering Fat Loss" bonus DVD**
- **Complimentary copy of the book "The Resiliency Advantage"**
- **Action Plan Template – Used throughout the workshop, this template will help you craft your resiliency action plan so you are ready to take massive and focused ACTION when the workshop is over.**



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"Shaun is not a theoretical teacher. He is a real business person that is a living example of how to balance a family, business and personal health."

– Rod Bell, (Financial Advisor)

Workshop Instructors

SHAUN HUMPHRIES



Shaun has over 25 years as a professional in the financial services industry and is an owner of a 30 advisor branch. Shaun inspires people to see the opportunity inside periods of transition and challenge by teaching principles that he has crafted during 25 years of sales experience and business entrepreneurship, 20 years of high level triathlon competition including multiple ironman races and lessons learned from day to day family life as a husband and father of four very active children. Shaun is not teaching theory. He teaches real life tried in the trenches ideas that work.

DR. GORDON SIMS, ND, L.Ac



Dr. Sims graduated from a four year Doctoral program at the National College of Naturopathic Medicine in Portland Oregon. In addition to the Naturopathic program, Dr. Sims obtained a Masters in Oriental Medicine (board certified acupuncturist and herbalist NCCAOM). Dr. Sims examines each condition from both a naturopathic and Classical Chinese medical perspective. Both systems are used to treat disease. The faculty of medicine at the University of Manitoba has asked Dr. Sims to participate in lectures to educate medical students about naturopathic and Chinese medicine. Dr. Sims provides timely advice for building personal health resiliency.

Registration Form

Reserve my seat(s) for the **Take Charge of Change Resilient Professional Workshop** scheduled for:_____ .

CONTACT INFORMATION

Name: _____

Billing Address: _____

City: _____ Province: _____ Postal Code: _____

Email Address*: _____

Phone Number: _____ Fax Number*: _____

*I would like to receive notification of future events:

Via E-mail Yes No Via Fax Yes No

PAYMENT INFORMATION \$199/PERSON OR \$249/COUPLE

Payment options:

- Cheque – I've enclosed a cheque payable to the Resiliency Lab
- Credit Card – I'm paying by credit card, contact me for details
- I will be registering online at www.takechargeofchange.com

FIVE WAYS TO REGISTER

Submit your registration information via:

Phone: 204.977.8026 **Internet:** takechargeofchange.com
Fax: 204.452.6273 **Email:** info@takechargeofchange.com
Mail: Take Charge of Change, 1345 Taylor Avenue
Winnipeg, MB R3M 3Y9

- I am unable to attend this event, please keep me on your contact list for future events*
- My company/organization would be interested in exploring customized workshops*

OUR GUARANTEE

You will be satisfied with the Take Charge of Change Personal Resiliency Workshop – or your money back. If you don't think the knowledge you gain is worth your investment, just turn in your course materials. We will return every penny of your money, no questions asked!



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TAKE CHARGE OF CHANGE

At Take Charge of Change, we teach professionals how to successfully manage change, challenge and uncertainty by teaching them how to be personally resilient. We do this by delivering action oriented workshops and personal coaching. We understand that new transitions or improving performance can be full of challenge. We believe in the power of education that leads to new understandings, and increased confidence.

TAKE CHARGE OF CHANGE

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