

Goals, strengths, dreams and desires



University of Happiness programme to achieve desirable outcomes for Teams and Directors meetings/boardrooms to help establish their goals, strengths and dreams/desires.

Each corporate consultancy programme combines a series of thought-provoking questions and tasks for the participants, along with hands-on consultancy for visible results.

STEP ONE - GOALS

- Clarify your company/personal values and goals.
- Setting out your long and short term BIGGER vision.
- Understanding and establishing long and short term goals.
- A personal development assessment of where you are, what areas of your life could use some improvement, and how to make those changes by setting realistic and achievable goals

STEP TWO - STRENGTHS

- Understanding of your strengths, both personal and in the company environment.
- Create a plan for increased performance through the Pareto Principle of effective time management.
- Identify personal strengths along with what needs to improve in your life, what strengths you possess that have not been realised yet, and how to make those changes by setting up realistic and achievable techniques to use your personal strengths.
- Step by step implementation of your personal strengths.

STEP THREE - DREAMS & DESIRES

- Identify personal or company DREAMS/ DESIRES and learn how to implement your dreams in your reality.
- Tools and techniques for staying focused, content, enthusiastic and energetic enough to achieve your dreams.

SOLUTIONS / RESULTS / OUTCOMES

Solutions and resolutions, implementations of learned material in one streamlined and usable blueprint in achieving your company/individual goals.

Participants will prepare a presentation of their particular projects for goals, strengths, with solutions.

WHO IS IT FOR?

- Individuals
- Directors
- Team Building
- Companies looking to enhance productivity and team morale

WHAT IS INCLUDED?

1. One day consultancy - 2 hours morning session and 3 hours workshop style afternoon session. By arrangement a visual presentation.
2. Workbook, also available as a download.
3. Series of support webinars
4. Public speaking / Presentations on request

CREDENTIALS

Our founders are:

- 40 years of research on practical and applied psychology
- Pharmacist by education(or something like this)
- Professional public speaking graduate
- Life coaching accredited by Institute of leadership