



Finding My True Self

Finding my True self is a personal growth program that is all about helping you discover what's important to you. This is achieved by allowing you the space to first increase your level of self-awareness and then focusses on helping you develop a tailored plan of action to support you in becoming the best version of yourself.

Each of the 5 modules are interactive and run as a weekly webinar. Each week we will focus on a different area of self-development and will include activities to help you gain a deeper level of personal clarity and direction.

This program designed for anyone who is looking to invest in themselves and their ongoing personal development.

Program modules

Module 1. My self-awareness and setting direction

The truth is we don't know ourselves nearly as well as we think we do. Gaining a greater level of self-awareness will help us tune into our feelings, thoughts and why we do the things we do. In order to continuously improve and find our best self, it is important to know who we are, our strengths our challenges and a deeper understanding of how our behaviours impact others.

- Explore your current level of self-awareness and how to increase this
- Define your future direction
- Establish a plan of action

Module 2. Personal Wellbeing and Strengths

Our wellbeing is strongly linked to our happiness and life satisfaction. It's helps us to embrace change and provides a sense of control over one's life and provides a sense of purpose by drawing on our personal strengths. Wellbeing helps us to radiate confidence, demonstrate empathy & compassion, generate hope & create meaning out of adversity. In short, wellbeing could be described as how we feel about ourselves and our life.

- Measure your current level of wellbeing
- Define your personal strengths
- Create a personalised wellbeing plan with specific activities

Module 3. Finding My Purpose

Each of us are involved in making multiple decisions every day and the decisions we make are often a reflection of our values and beliefs. Having an understanding of our core Values and a clear Vision is important as it helps us create the future we want to experience and gives us a sense of direction and fulfillment in our lives. A personal vision is one of the most powerful ways to help determine what we want in life and keep us motivated to achieve it.

- Uncovering your personal Values
- Define your purpose
- Write your personal vision for the future





Module 4. How I communicate

Why is it that we naturally focus on different things when we communicate or are in conflict with others? There is a school of thought that these differences are linked to our brain and our preferences for the way we think. By Uncovering your personal thinking and communication style and alternative preferences people may have, you can learn how to bridge the gap to communicate more effectively with others.

- Uncover your personal communication preference
- Understand different ways people think and communicate
- Learn to adapt your communication style with others to create greater connection and understanding

Module 5. Making a Personal change

Change can either be thrust upon us or something we choose to do, and how we manage ourselves through a change will have enormous impact on how we come out the other side. In order to effectively make positive changes in our life, it's important to understand not only the change itself but also WHY we wish to make this happen. To achieve our desired outcome, it is important to understand the barriers and emotions that stop us and plan ways to successfully overcome these.

- Understand my personal reactions to change
- Identify what may be causing my reactions
- Create techniques to help overcome personal change barriers
- Build a plan to implement my personal change

Program Delivery Options

On-line Program – \$275pp Plus GST

Program consists of:

- 5 x 1.5hr Webinar modules run weekly
- Pre and Post Activities
- Downloadable workbook
- All webinars are live and interactive

On-line Program includes 2 x 30 min private coaching sessions – \$375pp Plus GST

Program consists of:

- 5 x 1.5hr Webinar modules run weekly
- 2 x 30min Private Coaching sessions (Delivered online)
- Pre and Post Activities
- Downloadable workbook
- All webinars are live and interactive

***For program dates and to register, visit our website: www.consistentexcellence.com.au
Or contact us at: Info@consistentexcellence.com.au***

*All of our programs can be conducted as in-house programs or CEC can tailor a program to your company's needs.
Contact us to discuss your requirements.*



Consistent Excellence Consulting | Sydney, Melbourne, Australia

www.consistentexcellence.com.au | Email: info@consistentexcellence.com.au