

## Personal Workshop Planning Activity

**Principle 1 – Environment:** What changes will you make this week, e.g. time management, lifestyle or health?

**Principle 2 – Capabilities:** What do you need to evaluate here? e.g. are there any skills gaps that need filling, or what transferable skills do you possess that need dusting off?

**Principle 3 – Attitude:** Is there anything you need to change or needs some improvement?

**Principle 4 – Packaging:** What aspects of your image need modifying? Do you talk with conviction?

## Coaching Models

**Principle 5 – Beliefs:** What beliefs are getting in the way of your success? What new beliefs do you need to bring forth in order for you to design your own future?

**Principle 6 – Values:** Write down what's important to you about your life and career, what's missing and what have you compromised on for far too long?

**Principle 7 – Vision:** Go there first – write down your perfect day and if you had everything how you wanted it, what would that look, sound and feel like?