

Unleash Your Potential

Duration 3 hours (Includes 15 min break)

Maximum 25 attendees*

Content Overview

Just For Schools knows that ESS fill their days happily helping others because they derive a genuine sense of purpose and success from those actions and that's great! But let's be honest, there are times when ESS feel unsatisfied. We know this is true because we often hear the statements below from ESS:

"I did so much today but I feel like I went backwards"
"I'm tired of having to be flexible for everyone, all the time - it's exhausting!"
"I don't have time/ I feel bad taking time, just for me "

These feelings can happen when we become reactive to life's demands and/or the wants and needs of others. The problem arises when those reactive actions become the 'norm' and they fill up ESS days/weeks/months, both at work and at home.

All this reacting leaves little time for self; self-awareness, self-compassion, and self-care.

This session gives ESS the opportunity to take some well-deserved 'me time' to identify their personal values and how aligning them to professional and personal environments will increase their levels of self-confidence and empower them to unleash their true potential.

- **Habits of Highly Effective People** Using the Circle of Concern/Circle of Influence model and the Four Quadrants of Time/Self-Management (*Steven Covey's 7 Habits of Highly Effective People*) attendees will be empowered to be proactive rather than reactive
- **Identifying Your Personal Vision and Values** Using a Values Preference Indicator, attendees will identify personal values and how to align those values to everyday life
- **Realising Your Strengths** A mindset and EQ checkup and the creation of individual action plans for implementation post session.

Outcomes

- **Clarity** How self-awareness enhances personal and professional satisfaction
- **Confirmation** That potential can be achieved when we reach out for and accept support
- **Actions** that increase the determination to do more things we enjoy – in and out of work

Inclusions

- **Key Slides and Handouts** for reference and use post session

Our Requirements

- ✓ **Venue** with resources for a PowerPoint presentation
- ✓ **Refreshments** are at your discretion and cost



Contact Use For A Quote

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*If you have less than 10 or more than 25 to attend, please let us know.