

Me.inc - Passionate about Me and my Future (for creating a healthy basis for a positive self that is able to power up the future)

WORKSHOP INTRODUCTION:

Tom Peters has said in his latest book, Re-imagine!, that "...new modes of enterprise require nothing less than the ...Re-imagining of the individual. Now we must take...Immediate Charge of our new careers and identities...That's scary. That's Cool. Whichever, it's a life in aBrand You World. Lifetime employment is over and stable employment in large corporations is gone". This means that we need to prepare and equip people to realise that they determine the outcome of their own lives.

WORKSHOP OBJECTIVES:

Candidates who complete this workshop will have an awareness of what it means to know their identity and understand their own diversity. They will use techniques to enhance their self esteem and develop a vision, goals and values for their lives.

They will also begin to develop the skills they need to acquire and the habits they need to become truly fulfilled and growing individuals:

- Understand the phases they will encounter in life's journey
- Know what forms their identity
- Understand and value their diversity and that of others
- Build a positive self esteem
- Understand why human beings respond in the ways that they do
- Look at the heroes in our world and what has made them special contributors to society
- Identify and build a strong vision, lasting values, clear goals, and specific plans for their lives
- Identify and begin to develop skills that will facilitate their journey towards their goals
- Identify and begin to develop the habits that will ensure success

PROGRAMME ADAPTATION:

The programme will require adapted based on the target group's needs.

BENEFITS:

- Participants on this workshop will leave with tools in their toolkits that will equip them to chart their own course in life with purpose.
- There will be opportunity to create, question, reflect, discuss and debate issues pertaining to the objectives of the course.
- Participants will find that the knowledge and skills they gain on this workshop will assist them outside the student environment as well as they meet the challenges of change in their personal lives and future careers.

WHO SHOULD ATTEND?

All personnel who are required to manage change during in the course of their work will benefit. In particular, it is suggested that the workshop should be directed towards:-

- Human Resources Practitioners
- Managers and supervisors

- Staff at all levels in an organisation
- Students

WORKSHOP METHODOLOGY:

This workshop is highly interactive, allowing for active participation and sharing of experience during sessions. There will be individual written exercises and video sessions, creativity using different materials, music, the outdoors, plus story telling and group discussions.

TOPICS TO BE COVERED:

- 1. My Identity**
 - My identity diamond
 - Writing up my unique brand
- 2. My Self Esteem and Social Styles**
 - Identify my social style and that of others
 - Self Belief and Attitude
 - Understanding my Responses
 - Affirmation
 - Self talk
 - Choosing Happiness
 - Assertive Communication
- 3. Crafting My Vision, purpose, values, goals and plans**
- 4. Skills to Power My Future**
 - Managing Fear, Disappointment, Anger & Worry
 - Managing Personal Change
 - Professional Presentation
 - Creative Thinking
- 5. Core Writing Skills**

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