

# the personal mastery programme

Personal Mastery is about living your life with authority -- where authority means being the author of your life and work.

It's about developing not only the skills but the mindset (the attitudes, values and beliefs) that support you in getting the results you want.

The programme creates an environment for you discover and develop the best in yourself, so that you can bring **you** more powerfully and influentially into everything you do.

## here's what we cover...

### **Knowing Me, Knowing You**

- developing emotional self-awareness
- exploring personal drivers and motivations
- enhancing sensitivity to others
- getting the results you want vs. the results you get

### **Vision and Values**

- exploring what's really important in your life and work
- developing your personal vision
- aiming high -- expanding your goals
- putting vision and values into action

### **Influencing with Integrity**

- making it easy to work with others and easy for others to work with you -- relationship and rapport
- understanding people's choices -- values and criteria
- understanding and triggering motivation
- communicating with impact
- empathy and emotional self-management

### **Managing Time and Life**

- building confidence and positive belief
- becoming stress-resistant
- taking control and being assertive
- getting organised -- putting first things first
- getting the best from change

### **Making the Most of your Brain**

- 'advanced brain-boosting'
- tapping into creativity
- thinking outside the box
- solving problems the easy way -- exploring the wisdom of your unconscious mind

### **Personal Mastery in Action**

- thinking your way to achievement
- planning your life goals
- turning dreams into reality
- your personal mastery project



**Want to get started?**

Contact [rob@lichfield-associates.com](mailto:rob@lichfield-associates.com) or ring Rob on 01905 620 909