

CONFIDENCE 101

BECOMING YOUR BEST WITH PAUL AND BRITT

Self-confidence is the first requisite to great undertakings. – Samuel Johnson

Confidence is preparation. Everything else is beyond your control. – Richard Kline

SUCCESSFUL SOLUTIONS RESOUNDING RESULTS

Paul Thompson and Britt Santowski are educators and facilitators with an accumulated 30 years of experience in teaching others how to become their best. Paul and Britt can help you and the people in your organization:

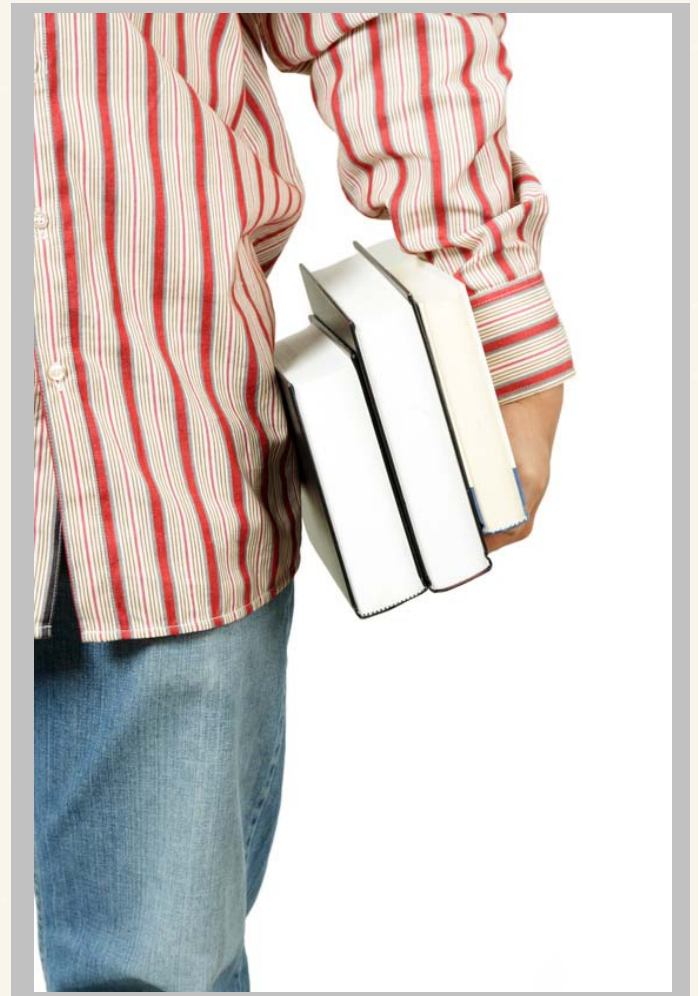
- Set and achieve individual and collective goals
- Gain momentum through periods of growth
- Sharpen your focus
- Stay positive
- Understand various communications techniques
- Maintain positive relationships
- Tap into individual and collective strengths
- Conquer fears
- Avoid procrastination
- Develop a strong and functional team
- Grow your team to be even stronger
- Resolve conflict
- Stay motivated

LEARNING THAT LASTS

In most motivational workshops, the employees' interest peaks during the actual workshops, and then ebbs away in the days and weeks that follow until there is almost nothing left of the original effort that the employer sought to provide.

Our workshops are intentionally memorable. We teach using "Accelerated Learning Techniques"

- Partner Sharing
- Risking Behaviour
- Call and Response Formula



In addition, workshop recipients all receive:

- All reference materials
- Interactive workbooks
- Online access to worksheets and materials
- Access to continued support

Customized workshops designed to meet
the specific needs of your team and organization



Our workshops are designed with your specific needs in mind.

- We first meet with you to determine your needs and your desired results.
- We build a course that's right for your employees.
- We bring your customized course to your workplace for additional ease of access for your employees.

SAMPLE MODULES

Modules	Purpose
Comfort Zone	The growth process
Learning Stages	The most common point of abandon in new projects
Clarity	The interrelationship between Clarity, Power, Action and Confidence
State of Mind	The preconditioned state of our minds
"Enlightened Perspective"	Alternative thinking/problem solving
Four Sensory Filters (KVAD)	How we receive and process information, and how to best communicate with others
Connections	Reviews past/present/future connections
Business Edge Dream	Visualization exercise
10 Secrets	Lists success tips
Goal Setting	An alternative take
Your Epic Saga	Lets participants create their own personal mission statement
Owl/Duck/Eagle/Peacock	Explores interrelationship between different personality types
Numerology	Explores the deeper rhythms of each person
Networking Lists	Builds expansive lists of people and resources for participants to draw on
Mastermind Groups	Cursory discussion on the description and value of mastermind groups
Daily Alignment	Organizing your weekly schedule
Beliefs-expanded	Automatic Negative Thoughts, self talk, and awareness