



**Excel & Exceed
With
Kasey Aplin**

Business Results 6 Week Program

When & Where?

- Wednesday mornings
- 8am-10am
- Commencing Wednesday, October 25th through to Wednesday December 6th
- The Vine Inn, Nuriootpa

Each Participant Receives

- Strategic Planning Document
- Strategic Planning Session
- 260 page Study Guide which includes 52 weeks of Action Planning Pages
- A personal 1:1, 1 hour goal setting session

Course Modules Include

<p>Week 1 Commitment: learn the importance and qualities of commitment and the reasons for commitment reluctance, prior to completing a personal contract, anchoring you to a 6 - week commitment to the program.</p> <p>Road to Fulfilment: We look at the pressures that stop people achieving what they want and introduce the Red Flag Concept, arming participants with a physical and symbolic approach to dealing with emotional pitfalls that sabotage action and issues that may get in the way of individual or team progress.</p>	<p>Week 4 Tools for Shaping your Future: Thoughts and Words are powerful proponents of action. Learn how to un-bind from defeatist, emotional words and thoughts that limit action, to optimistic, positive and courageous ones.</p> <p>Handling Stress: Participants will learn the difference between detrimental and beneficial stress; how to recognise everyday stressors and the signs of stress; the challenge of being in control; and practical, everyday applications in handling stress.</p>
<p>Week 2 Procrastination: Procrastination creates stress, frustration and guilt. This session looks deeply at the reasons for and the types of procrastination; and how to overcome.</p> <p>Achieving a Balanced Life: Assessment of current and preferred realities; the impact of life pressures and the power of choice. Participants will undertake a self-analysis and plan their preferred future.</p>	<p>Week 5 Thinking and Living Creatively: Imagination, curiosity and innovation are at the core of progress. This session provides strategies to become more creative and think laterally to solve problems in new ways.</p> <p>Mind Mastery: Mental strategies are required to empower people to win. 3 powerful techniques to overcome mental obstacles and barriers that stifle performance and action.</p>
<p>Week 3 Accepting your Reality: This session takes you through a journey to move from blame and negativity to responding to situations from a more accepting and positive mind-set.</p> <p>Conformity: Conformity can restrict growth and stifle creativity. This session will look at the nature and potential pitfalls of peer pressure and lift members out of the conformity rut and mire of mediocrity.</p>	<p>Week 6 Emotional Management: Resistance to change and self-sabotage hinder progress. This session looks at emotional responses, the part they play in defining actions taken and how to maintain success.</p> <p>Group discussion about changes implemented and impact of positive changes.</p>

Investment is \$450 + GST per person.