

The Four C's of Success

Do you want to:

- Feel confident making career and life choices?
- Lead others more authentically?
- Know how to take focused action to get what you want?
- Feel more certain in challenging situations?

The challenges of life can chip away at your confidence, undermine your commitment, push you out of control and weaken your connection with others; especially in challenging times. This programme allows you to reconnect with the four C's of success, to understand your strengths and how to use them to get what you want.

The Vital Ingredients

Confidence, commitment, control and connection are the four C's of success. These ingredients are mutually reinforcing and their impact multiplies as you work towards mastery.

Programme Dates - 2023-24

Wednesday 20 Sept'23 - 9.30 to 10.30 - Check-in
Wednesday 4 Oct'23 - 9.30 to 11.00 - Confidence
Wednesday 8 Nov'23 - 9.30 to 11.00 - Commitment
Wednesday 6 Dec'23 - 9.30 to 11.00 - Control
Wednesday 10 Jan'24 - 9.30 to 11.00 - Connection
Wednesday 7 Feb'24 - 9.30 to 11.00 - Connection
Wednesday 6 Mar'24 - 9.30 to 11.00 - Future Self
Wednesday 27 March'24 - 9.30 to 10.30 - Wrap-Up

"What others have said"

"Liked the different formats, of written pieces, videos etc. Many interesting topics, all relevant".

"I was a bit daunted by the number of sessions at the start but it was spaced well and I felt they were all necessary. I liked the balance of group and individual sessions and found them all to be helpful, informative and enjoyable".

"I think the coaching was excellent and, for me, enormously valuable. I think the content was great and the group sessions were excellent but the coaching sessions are the element that caused the ideas to stick and the changes in myself to occur".

"Really fantastic facilitators and coaches."

"I have more confidence in my opinions/voice. I was really struggling to be heard, or to feel I had value to add, when I signed up and feel much more sure of what value I bring now".

HEAD
HEART
+ BRAIN

CONFIDENT

COMMITTED

CONTROLLED

CONNECTED

What's required of you

On-line materials

Each month you receive on-line materials including videos, practical tools and exercises. This will take you approx two hours to complete. We ask you to review this material and then attend the LIVE virtual learning session.

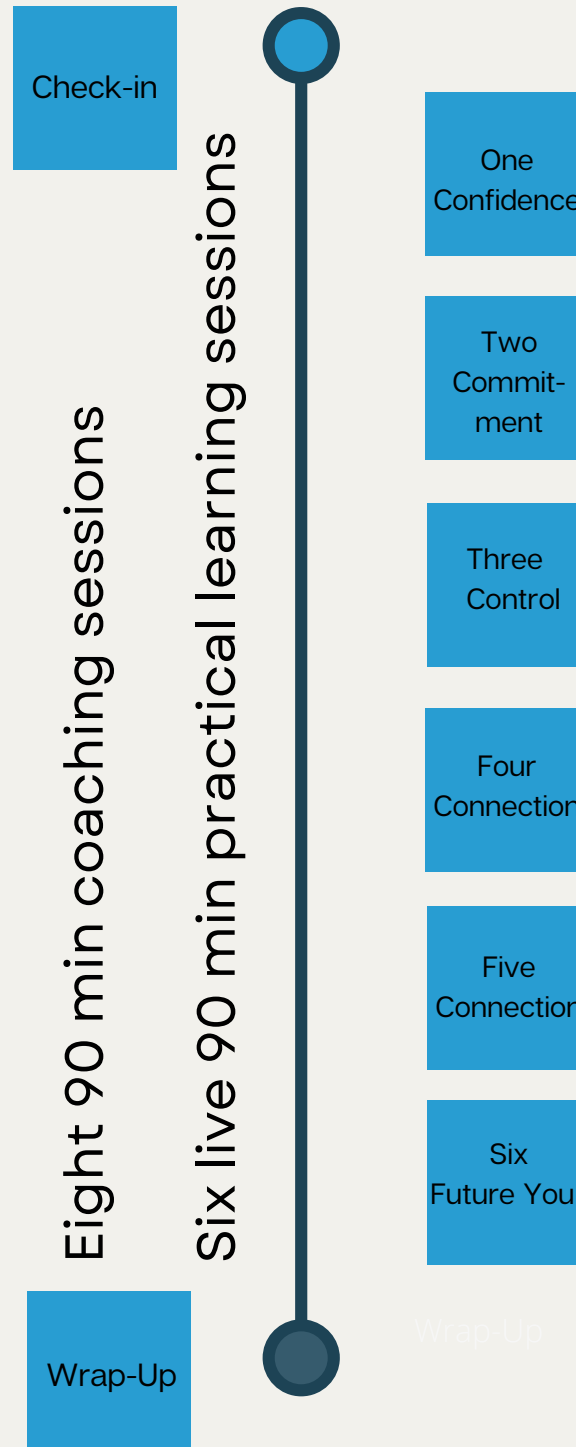
Coaching

There are eight, 90 minute coaching sessions focused on applying new knowledge in your role, making personal change and building confidence. The first of these will be a goal-setting session which includes analysis of a self - assessment and help to set programme goals. These are designed around how you want to grow: leadership style, managing a team more authentically, building presence...just a few examples.

Live Modules

The focus here is on applying what you have learnt and the insights from the materials. You will share ideas and support and challenge each other around how you are embedding skills. We also introduce a practical tool in these sessions.

Schedule



If in your most honest moments your...

- Fear of failure is limiting you
- Aversion to risk is holding you back
- Negative self-talk is plaguing you
- Perfectionism is slowing your career
- Real self is hidden due to fear of judgement
- Inability to say no is creating overwhelm and potential burnout
- Worry about other people's opinions is keeping you from speaking up
- Performance is sabotaged by impostor syndrome

Then this training is for you.

The investment

On or before 1st August '23
- £5,500 + VAT - (early bird)
Isand after
- £6,500 + VAT

Modules in detail

Kick off: Introductions to you, your peers, your facilitators and the resources for the programme. You will meet your coach and contract with them.

Module 1: Confidence - Confidence is the foundation for success. We identify how your confidence feels and how to demonstrate it in your behaviour and posture. There are practical tools you can adopt and practice for the rest of the programme, and beyond.

Module 2: Commitment - This looks at recognising and amplifying your expertise, owning your ambition, and getting clear and acting on your purpose.

Module 3: Control - Understanding how your emotions impact you and your performance. Identifying your personal power and the way to use it for positive outcomes for yourself and others. Power and control often have a negative connotation but research would suggest they are in fact crucial to success.

Module 4: Connection - This is about harnessing your inner resources: managing the inner critic, getting in touch with your inner wisdom and using all your inner resources to be your best self. Learn how self-compassion provides you with a valuable tool at the most challenging times.

Module 5: Connection - Building connection with others and the importance of this to our success. We often worry about what others think of us and we consider how this keeps us stuck. Tap into your Growth Mindset to take more calculated risks. We also consider how being your best self attracts and inspires others.

Module 6: Future Self and Wrap-Up
In module six we consider your future best self and plan how you will create a disciplined practice which will enhance and continue growing your 4C's when new challenges occur.

Throughout the programme we weave in research and data, practical applications, and embodiment to ensure you get the best outcomes.

Confident:

Real confidence happens on the inside and shows itself in your actions as well as in the way you feel.

Committed:

This is about being clear on what you want, your purpose, and the way you can achieve it. It also means acting on your priorities and being careful about where you put your energy. This commitment allows you to manage stress and avoid burnout as well as to be more decisive.

Controlled:

This is about emotional control and power. It's about recognising your own power and using it to achieve your purpose and to achieve your goals for career, team and organisation.

Connected:

This is first about yourself, knowing your strengths, and your triggers. It is also about connection with others; colleagues, stakeholders, and family.

More Information

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