

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 - 2022

TUES 6 Sept, 09.30-10.30 - Kick-off
TUES 20 Sept, 09.30-12.30 - Confidence
TUES 18 Oct, 09.30-12.30 - Commitment
TUES 15 Nov, 09.30-12.30 - Control
TUES 13 Dec, 9.30-12.30 - Connection
TUES 17 Jan, 09.30-12.30 - New Habits
TUES 21 Feb, 09.30-12.30 - Your Future Self
TUES 28 Feb, 09.30-10.30 - Wrap Up

More Information

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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. We ask you to review this material and then attend the virtual learning session. You will need 3 to 4 hours in total to complete this.

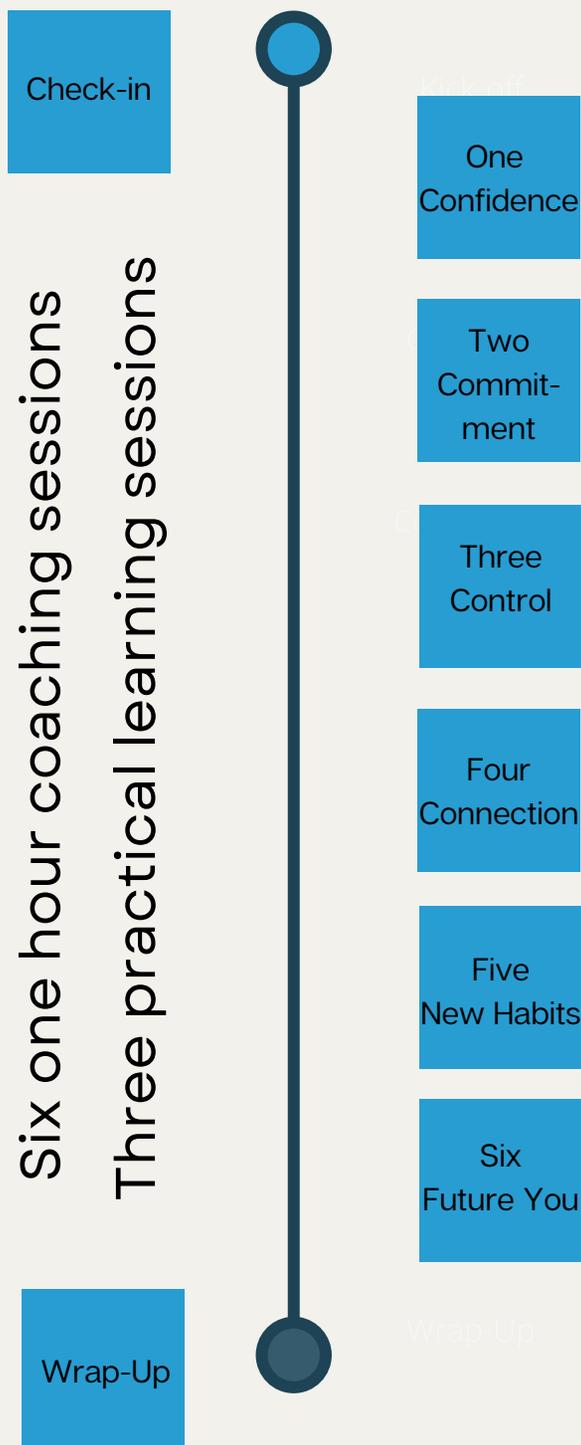
Coaching

There are six, one to one (hour), 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.

Facilitated Peer Learning

In these sessions, you will share ideas and support and challenge each other around how you are embedding skills.

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 31st May '22
- £5,500 + VAT - (early bird)
1st June '22 and after
- £6,500 + VAT

Modules in detail

Kick off and Module 1: 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 - we review the research and how the findings apply in practice to increase your confidence. We introduce practical techniques you can use in challenging situations and ongoing.

Module 2: Commitment - This covers imposter syndrome, recognising and amplifying your expertise, owning your ambition, and getting clear about your purpose.

Practice Support Session: A facilitated group support session (1 hour) where the group works through practical applications of your learning.

Module 3: Control - The focus is on emotions and their use and control for performance. We also look at different types of power and how you can enhance your personal power. Power and control often have a negative connotation but research would suggest they are in fact crucial to success.

Second Practice Support Session

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. We look at Growth Mindset and how this builds confidence, commitment, control and connection.

Third Practice Support Session

Module 5: Connection - Building habits that boost confidence, commitment, control, and connection. We look at how self-compassion provides you with a valuable tool at the most challenging times. We will also consider how being your best self attracts and inspires others.

Module 6: 4C's of Success 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.

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