

Achieve More in 2024

Integrated insights from neuroscience, habit formation, future identity, and the science of success.

As the pace of change accelerates and life pressures mount, apply the Brilliant Breakthrough process to make 2024 your best year yet! Forget resolutions and regrets as you chart a path forward to greater levels of success and fulfillment.

The key takeaways:

1. Your Habits Define Your Destiny – take inventory and recalibrate your practices.
2. Your Words Create Your World – increase your CIQ, Conversational Intelligence.
3. Achieve More...Say No More...the Guilt Free Guide to saying NO!

We will cover the following powerful benefits of healthy habits, conversational mastery, and the successful practice of being effective by being selective.

1. **Consistent Progress:** Picture this: You wake up each day, slip into your well-worn habit shoes, and stride confidently toward your goals. These habits, are the secret sauce that fuels **consistent progress**. They're like the trusty compass guiding you through life's labyrinth, ensuring you stay on course even when the storms of distraction threaten to blow you off track.
2. **The Domino Effect:** Imagine a row of dominos standing tall. Push one, and the rest follow suit, creating a mesmerizing cascade. Similarly, good habits set off a **chain reaction**. When you start your day making good eating decisions, it nudges you toward healthier choices throughout the day. Before you know it, you're hydrating, exercising, and conquering tasks like a boss. It's like having a personal cheerleader whispering, "You've got this!" in your ear.
3. **The Habit Shield:** Life throws curveballs—deadlines, unexpected bills, surprise visits from in-laws (gulp!). But fear not! Your well-entrenched habits act as an invisible shield. When motivation wanes or stress threatens to derail you, these habits kick in automatically. They're your trusty sidekicks, ensuring you brush off setbacks and keep marching forward. Remember, even superheroes have their daily routines.

4. **The Time Warp:** Buckle up, because here's where habits get magical. Ever notice how time seems to warp when you're engrossed in a task? That's the power of **habit-induced flow**. When you're in the zone, minutes stretch into hours, and productivity soars. Whether you're writing code, painting, or organizing your sock drawer, habits create a time-bending vortex where you lose track of everything except the task at hand.
5. **The Confidence Boost:** This is the secret ingredient in life's grand recipe. Good habits sprinkle it liberally. When you consistently show up for yourself—whether it's hitting the gym, practicing mindfulness, or nailing that morning routine—you're whispering affirmations to your subconscious. It responds with a resounding, "You've got this!" Suddenly, you're striding through life with the swagger of a runway model, minus the stilettos.

Great habits aren't just mundane routines; they're the backstage crew ensuring your star performance. Embrace them, nurture them, and watch your life transform into a blockbuster hit as you achieve more in 2024!

Create a Culture of Celebration

We cannot afford to lose the power of celebration; it's essential to maintain motivation, to reinforce excellence and to experience the joy in life.

This presentation will cover:

- ✓ Why you cannot afford to live another day without consciously increasing your celebration.
- ✓ How the core elements of celebration enhance your personal and professional life.
- ✓ Effective ways to increase your joy level which impacts your energy and wellbeing.
- ✓ Three steps to success in strategically increasing celebration – change your celebration, change your life.
- ✓ Whether it is in your workplace or in your home, add this transformative practice to your life and watch it explode with joy!

Creating a feeling of celebration helps meet people's needs for inclusion, innovation, appreciation, and collaboration. Our brains are designed to be social – and the need for human contact is greater than the need for safety.

Culture is not employee happiness, how an organization feels or employee morale. Culture is an underused business lever to accelerate strategy. Culture matters because people power your performance. The more intentional you are about your culture, the more successful your business results. When culture and strategy are aligned companies can show as much as a 50% difference in performance. (research by James Heskett, HBS)

Research shows that you get more of what you focus on and celebrate. We connect celebration, leadership behaviors and culture shaping practices to deliver greater results.

Your Leadership Voice

Creating clarity and building strength to own your impact and make a difference.

Despite decades of research, millions of leadership articles and books, there is no widely accepted definition of leadership. That is because each person's approach to leadership is as unique as the leader.

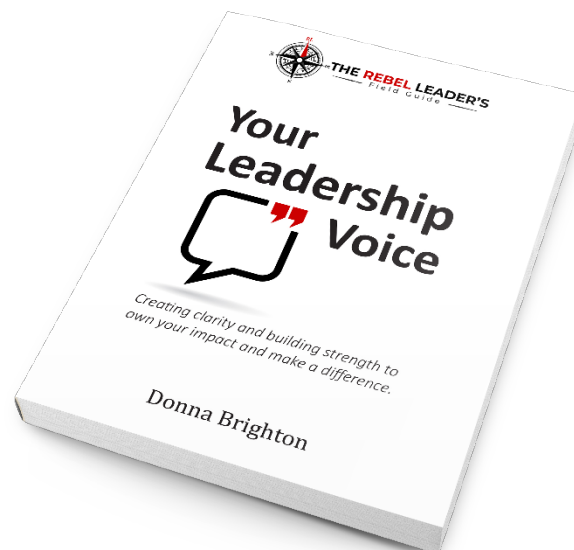
Increase your effectiveness and influence by improving the clarity and strength of your leadership voice.

This session is for mold-breaking, high-impact leaders to identify their unique skills and leadership perspective so they can lead in unexpected ways and achieve unprecedented results.

Participants will:

- Complete a ten-question assessment to evaluate their voice.
- Understand the dimensions of their leadership voice.
- Learn how to create a personal leadership definition.
- Discover the importance of developing their Leadership GPS © - a personal guide for leading.

Unlock your dynamic natural ability (DNA) to build powerful teams, conquer change and create explosive growth.



Questions That Inspire Successful Change

Ensure that you are heard and that the questions you ask inspire insight that leads to lasting change. Your words create your world. Make it a better, brighter, more beautiful place.

This is a fun, challenging, insightful discussion about:

1. Clarifying the role of a leader and the ratio of asking versus telling.
2. The neuroscience of questions and its impact on successful change.
3. The power of what you say. How to have a co-creating conversation.
4. Tools that support you being a question ninja to create change.

As we progress through our careers we must shift from expertise to encouragement, getting work done through others – not in spite of them. As a leader, your technical abilities are not nearly as important as your human abilities. Individual contributors work for accomplishment and contribution. Leaders must develop, grow, and champion their team to succeed in **their** accomplishments and contributions. This can be a very hard shift to make. We are conditioned to value our work and ourselves based on what we get done, and our brains crave the dopamine rush of accomplishment. Leaders need to be able to let that go!

Another pattern that needs to be released is telling people what to do. Instead, ask an insightful question which helps them focus on what **THEY** need to do. When that insight happens, they can move forward with clarity and commitment.

Transformational conversations, also called co-creating conversations, include asking questions for which you have no answers, listening to the collective, discovering, and sharing insights and wisdom. This generative way of communication leads to more innovative insights and deeper listening to connect to others' perspectives thus inspiring change.