

SUCCESS@Life



Placing you ahead of the pack.

Key Learning Outcomes
A Three Day Program

The SUCCEED@Life Program

Day One and Two (**SUCCEED**).

Self-analysis (Establish your Personality Type)

ISTJ 1	ISFJ 2	INFJ 3	INTJ 4
ISTF 5	ISFF 6	INFF 7	INTF 8
ESTP 9	ESFP 10	ENFP 11	ENTP 12
ESTJ 13	ESFJ 14	ENFJ 15	ENTJ 16



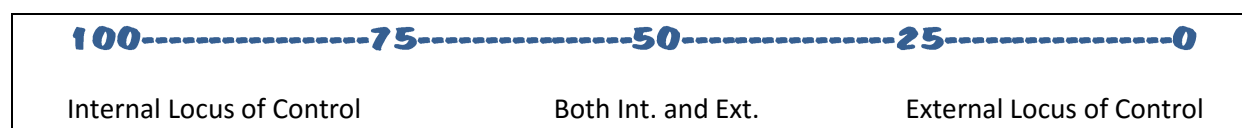
The first step in achieving what we want in life is to understand ourselves. The Jung Personality Inventory enables participants to learn a lot more about themselves and fully (and very easily) **understand their strengths and weaknesses**. It also helps establish what types of jobs/courses will most suit them and which ones they will most excel in or gain the most from.

Understanding Effective Relationships

As successful relationships underpin all aspects of life, it is important to learn how to do them well. Many participants are confused about how relationships actually work or don't know how to do them well. This section is about the 'Relationship Banking' concept. It provides a simple **system to easily improve relationships in all aspects of their lives**.



Control (Who is in the driver's seat?)



This section helps participants establish where their 'Locus of Control' lies and, where relevant, how they can regain some of the power over their lives. This section is largely about the importance of taking responsibility for themselves and **placing themselves back in the driver's seat**.



Consider your Skills

If sustainable/suitable employment is the ultimate end goal, then understanding what Equitable Trade Agreements are all about is vital. This **will change the way participants look at their lives in general and their future work in specific**.

All of the program components are reinforced with fun and relevant activities that stimulate their thinking and solidify their learning.



Evaluate your Motivation

Motivation Theory! Sounds boring, but it's definitely not. Our way of explaining this may well be **the most worthwhile tool participants gain in their lives**. Nothing happens without motivation and once they understand what it is REALLY about, they'll look at achieving things in their lives in a whole new light. This is definitely provides some light bulb moments.

Establish your Goals

Hand in hand with Motivation Theory is understanding the importance of Goal Setting. Again, many people think: "Yawn! Done it before. Doesn't work." Once motivation theory and goal setting are combined, however, **it will all make sense and they will actually want to do it**. Time is allocated for participants to set some clearly defined goals for themselves.



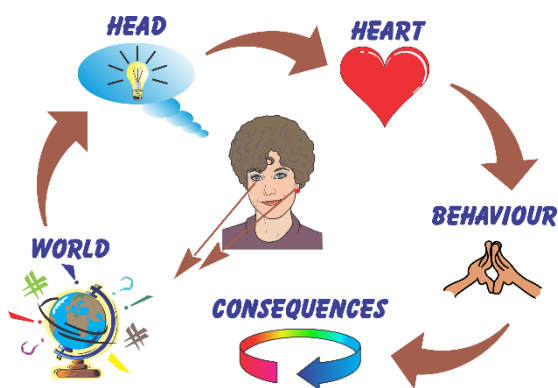
Develop the Systems



The reason most people don't achieve their goals is because they think that setting the goal is the most important step. Seeing as many people don't even complete this part, it's easy to understand why people think – once they actually set a goal – that the hard work's done. It's not. Setting a goal is just the first step. **Designing a 'system' to achieve that goal is the bit that matters.**

*Days One and Two (SUCCEED) cover the foundation blocks for success.
Day 3 (Life) helps participants get their mind on track, which is essential in life.*

Day Three (Life):



Learn your Behaviour Drivers

Why is it that we don't always get what we want in life? There are obviously many reasons, but one of the most common ones is that the Behaviour Choices we often make were never going to get us what we wanted in the first place.

Often our behaviour is driven by our emotions. (I.e.: Anger drives poor choices. Depression makes positive choices more difficult.)

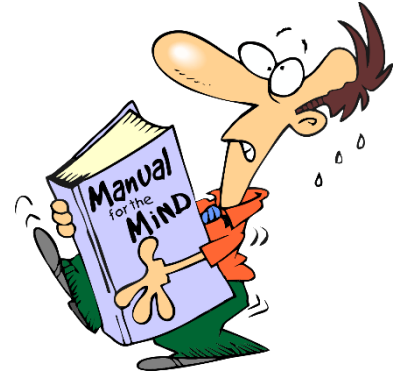
By learning the 'Behaviour Cycle' participants can learn how to more easily make better choices in their lives. Another way of saying this is, they *learn how to have a good day, even if others aren't*.

"If you aren't where you want to be, or haven't achieved what you have always wanted to achieve, the reason most likely resides not around you, but within you."

Nick Vujicic. (1982 -) Author of 'No Arms, No Legs. No Worries'.

Implement Positive Strategies

Although we 'carry' our minds everywhere with us, there is virtually no education on how to deal with it when it becomes negative or destructive. Providing participants with a 'Manual for the Mind' and teaching them how to improve what 'goes on between their two ears' will have a very significant and positive impact on their lives.



One of the most effective places to start is to deal with our 'Negative Mental Filter'. The program provides participants with a number of very effective and easy to implement tools/strategies for developing a more '**Positive Mental Filter**'.



One very helpful concept is practicing feeding our 'White Dog', which means finding those things that make us feel energised, strong and positive and doing more of them, on a daily basis. It then also involves doing less of the things that make us angry, frustrated and demotivated.

"It's not denial or some kind of idealistic optimism. It is a reminder that we have a choice about how we face the challenges life brings. Change your Thinking. Change your World."

Christine Fekete. Owner/Founder www.thinkhappystuff.com

Focus your Mind (Introduction to Mindfulness)

Most young people (and many older people too) have what could be called 'a monkey loose in the attic'. This monkey creates a lot of mayhem, such as **destructive self-talk**, busyness of the mind, which creates a **constant barrage of negativity and 'problems' that need to be solved**. There is rarely any peace.



The results:

Anxiety, low energy, stress, low self-esteem, depression, self-harming, aggression, even suicide.

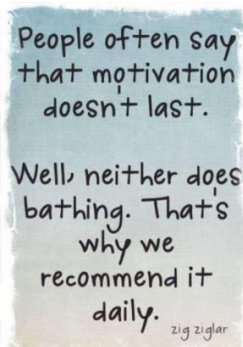
The apparent solutions:

1. Distract the mind by getting 'lost' in books, social media, shopping, gaming, movies, TV.
2. Make more noise than the mind (or drown it out) by: excessive alcohol consumption, drugs, sexting, street racing, gambling, porn, base jumping, etc.

The real solution:

Learn to actual quieten the mind through the techniques of ACT and Mindfulness.

This is easily the most liberating tool everybody can learn to create a better life.



Embark on your journey

The final part of this program is about practicing a number of different methods for quietening the mind. The concepts are all easy to understand but will **require consistent application**, so assistance with this is provided as well.

The whole program is tied together with some final activities that will allow the participants to embark on the life they want to live.

"It had come to my attention that people of accomplishment rarely sat back and let things happen to them. They went out and happened to things."

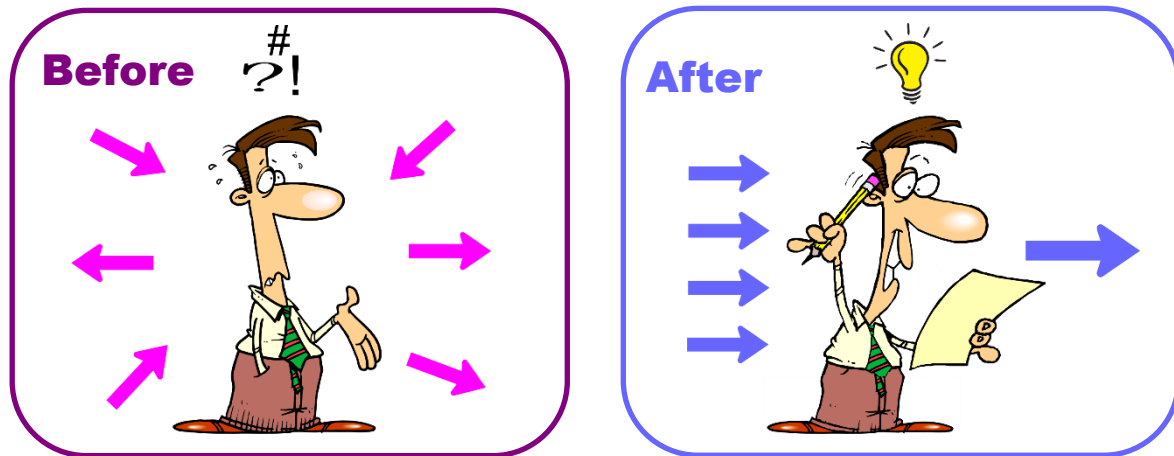
Leonardo da Vinci (1452 – 1519)

The philosophy behind the **SUCCEED@Life** program:

Participants often get a lot of well-meaning external input: “Get a job, enrol in studies, write a resume, go for interviews, get your life on track.” **It’s all just hard work!**

In the absence of a clear plan, driven by internal motivation, they just feel pushed around in all directions by a variety of external sources. Life is stressful and success is unlikely.

Once people understand themselves and learn how the game of life is played, they can create a positive plan. When they **put themselves in the driver’s seat**, achieving what they want is now driven by them. External assistance will still be required, but is now ‘requested’ not ‘provided’. More importantly the help can be aligned around a common goal.



Here is what some previous participants had to say:

“If you think it’s going to be crap like other courses – Think again. I really got a lot out of this. The presenter was a really great person to be around. I can’t see how you could have a bad day on this course. It’s really helped me heaps. Thanks!!”

Adrian Wharton.

“It’s a life changing experience, I feel so much better about myself, my life at present and where I’m going in the future.”

Katrina Bienke.

“Excellent course – a real eye opener and very easy to put into effect. ENROL IN THIS PROGRAM! Do not hesitate. Do not pass GO. Do a Nike and JUST DO IT!”

Fee Cudham.

“This program – Priceless!!! You will not regret the time you put in. You’ll be so much more motivated about your life. No matter who you are, you’ll learn lots.”

Kathryn Bolitho.

“This course was that good I’d do it all over again if I could.”

Kevin Kelly.

“If you are serious about getting on with your life and achieving stuff and getting a job. I would recommend doing this course because it gives you more knowledge of yourself and your behaviour and what an employer is looking for and how to put it all together to get the job you are after.”

Michelle Irwin.

“The course is excellent, it gives you an insight to things about yourself you never knew before and about others. I think all people should do this course.”

Justin Johnston.



We have run these personal development sessions with many of our clients (both pre-employed and those in the workplace) and the feedback is always hugely positive. Participants really value the input and assistance that these sessions provide and they tell us that they have a long term impact in their work and home lives.

"There isn't a week that goes by where we don't use the material we covered with you three or four times, and that is still six months after we ran the sessions. It's been extremely helpful."

"Your presentations make, what otherwise would be quite complex material, really easy to understand and actually implement. As a result I've referred to it very often, both at work and at home with my spouse and children, with great results."

"I have really appreciated the contribution your presentations have made to my personal and professional life. I use much of his advice on a daily basis."

Feedback received from the Road Safety Team – (Southern Region), Queensland Transport.

"... your program has provided me with the most invaluable personal development tools that I have ever come across. To finally understand the reasoning behind the actions of myself and others has been a tremendous help in improving my work and personal relationships. I can only imagine how much I would have gained had this type of program been available to me back in high school. So a huge thank you!"

Michelle Everingham – Information Management – Condamine Alliance.



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