

# Helping Hands For Life Leadership™

*“What you see is what you get”*



*'If you always do what you 've always done, you 'll always get what you 've got. '*

:: Nothing will change ::

The central theme is motivation and bridging the self-esteem gap using both seminar and participation breakout sessions, building confidence and trust.

## Key Themes

1. Delegates will learn to have greater understanding of who and what they are and how to achieve their main objective, which is to lead a more successful, effective and productive life.
2. Delegates will have gained understanding of the concepts 'life direction' and 'focus' by producing a personal mission/vision/success statement. Having learned basic presentation skills they will then present their statement to the group.
3. Delegates will have produced a positive proactive CV, which they *believe* in. (Optional)

## Introductory Seminar

1. Principles and Perception – The Differences
2. The Personal Bank Account (PBA)  
Symptoms of poor and positive PBA – Deposits and Withdrawals  
First Things First – know your direction – The Compass and the Clock.  
Courage Zone and Comfort Zone – where are you?
3. The Relationship Bank Account (RBA)  
The Terrible Twins of Competing and Comparing  
Communication – Listen First, Talk Second

## The Programme:- 'Make The Changes'

1. Success Skills – What are they?  
Value, expectation, self-esteem. Understand your personal history and its impact on the present. Roles and goals and the Laws of the Farm.
2. Presentation Skills – Build the Skill – C.V. to Interview.  
Know how to construct a speech – effectiveness and purpose.  
Know how to deliver a speech – the importance of presence, voice and gesture.  
Know how to evaluate self and others!
3. Conclusion – Now Do It!