When People Are Living Their Best Lives, They Do Their Best Work

Transform culture – Uplevel Talent – Accelerate Business Growth

FAST FORWARD GROUP

Fast Forward

Virtual, in-person or hybrid workshop series

People are dealing with unprecedented change, uncertainty and stress in today's high-pressure, always-on workplace. The Fast Forward training program gives people a proven approach to think big, manage stress and achieve success and fulfillment in their whole life.

Fast Forward begins with time to think: What does extraordinary success look like one year from today?

Participants leave inspired to go after their goals with intention and discipline — equipped with a simple, proven system to get there.

Graduates cite a profound and lasting improvement in:

- **Thinking Big & Taking Risks**
- **Communication & Influence**
- **Relationships & Collaboration**
- **Focus & Time Management**
- **Confidence & Resilience**
- **Well-being & Happiness**

Carolyn Everson

Former VP Global Marketing Solutions, Facebook

"A lot of people will say it's the best training they've ever taken, it's fundamentally changed their life."

Greg Glenday

CEO, Lightbox OOH

"The culture impact has been night and day. Things get done. People are rooting for each other. Everyone knows what their goals are."

Fast Forward Program Overview

> **10 x 90-minute Workshops with up to 30 participants. Cadence can be weekly, bi-weekly, or monthly.**

Power Principle 1: Declare a Bold Vision and Share It

Fast Forward one year from today: what does success look like?

Use our 7 questions to think big and long term about success and fulfillment in your whole life. Challenge limiting beliefs and expand what you see as possible. **(Three Workshops)**

1

Power Principle 2: Plan the Work & Work the Plan

Create a 90-Day Action Plan to make your Bold Vision a reality. Identify reactive habits that thwart your progress; adopt intentional habits that fuel your focus and productivity. **(Two Workshops)**

2

Power Principle 3: Manage your Inner Critic

Appreciate the brain science behind this harsh internal voice that contributes to imposter syndrome. Learn practices to fuel your confidence, happiness and peace.

3

Power Principle 4: Choose a New Perspective

Transform negative stories that hold you back into empowering narratives that propel you forward. Improve your resiliency, confidence and relationships.

4

Power Principle 5: Make Every Meeting Matter

Improve efficiency and effectiveness by setting a desired outcome. Use the FF Conversation Planner to elevate your influence and contribution.

5

Power Principle 6: Fuel a Coaching Culture

Stop telling people what to do — coach people to solve their own problems. Use the Fast Forward Coaching Questions to leave people empowered and in action.

6

Fast Forward in Action

Reflect on progress and share commitments. Update your Bold Vision based on program insights. Keep momentum with your buddy and cohort.

7

Fast Forward Buddy System

Every participant gets a peer coach for support and accountability during and after the program.