

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

Transform culture – Uplevel Talent – Accelerate Business Growth



## 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.

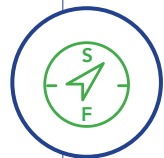


## Power Principle 1: Declare a Bold Vision and Share It

### 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.

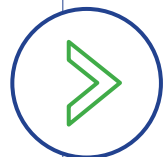
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## Power Principle 6: Be Present and Listen

Shift your focus to your customers. Gain tools to better understand your clients' needs through engaging sales conversations.

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.