



Ignite your people, business and culture

The Fast Forward Group gives executives life-changing training and coaching tailored to the needs of today's always-on, never done workforce.

Our unique whole life approach fuels personal and professional success together. This improves engagement, productivity and culture. Participants will:

- › Create a Bold Vision for their whole life in the year ahead.
- › Design a 90-day action plan to achieve their Bold Vision.
- › Reframe their mindset to fuel resilience and happiness.
- › Improve communication and relationships.

Immediate Impact. Sustainable Results.

Over 50,000 people globally have done Fast Forward. Sample survey results 90 days after program:

86% say they're *thinking bigger* and *taking risks*

88% have a *vision for success* that inspires them and keeps them focused

82% have *improved* their communication and influence

96% report an improvement in *job satisfaction*

TRANSFORM MINDSET AND BEHAVIOR

"We now have a much deeper connection to each other as a team. And we have a common framework and language that makes it easier to quickly communicate and get things done."

"I did Fast Forward and it was a game-changer. I am thriving at work leading three major verticals, have strong work/life balance, lost 20 pounds, and am paying it forward by giving this framework to everyone on my team."

"Fast Forward has had a meaningful impact on our culture – how we treat each other, communicate and collaborate. People now recognize the importance of language and the cost of negative stories. People are way more positive since the program."

"The Fast Forward Accountability/Buddy system has been key to my success. We meet bi-monthly, review the 90 day plan and help each other stay on track."

Program Details



- › 7 Power Principles in four areas: Vision, Planning, Mindset, and Communication.
- › Participants leave with an accountability partner and on-going email support.
- › Offerings range from 2 hour workshops to multi-day programs with executive coaching.
- › Delivery options include live and virtual.



1 Declare a Bold Vision and Share It!

Fast Forward to one year from today: what does success look like? Use our 7 questions to think big and take ownership of what's most important in work and life. Challenge limiting beliefs and expand what you see as possible.



2 Plan the Work and Work the Plan

Create a 90 Day Action Plan to make your bold Vision a reality. Identify "beast" areas in your work and life. Learn how to be the ringmaster – being intentional and disciplined to make time for the things that matter most.



3 Choose a New Perspective

Identify negative stories that get in the way of your success, confidence and relationships. Recognize the cost and learn how to reframe into empowering perspectives that fuel your resilience and happiness.



4 Set a Desired Outcome

Make every meeting matter – forward action with customers and colleagues. Get actionable insights and tools to elevate your influence and impact.



5 Shift Complaints

See the cost of negativity on culture and collaboration. Shift complaints to requests and recommendations that improve business and culture. Practice having conversations that drive change.



6 Listen and Be Present

Practice active listening and see the cost of multi-tasking and interrupting. See the value of helping people solve their problems vs telling them what to do.



7 Take 100% Responsibility

Take responsibility for your success and happiness. This is the most powerful way to work, live and lead.