

# Ignite your people, business and culture

There's never been a better time to invest in people's growth and well-being. People feel isolated and anxious about the future; many are balancing childcare and housework alongside their job. This can impact motivation and mindset.

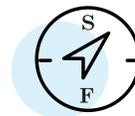
Fast Forward is a life-changing program that ignites people to see more possible for their future. What makes us unique is our whole life approach and peer coaching for ongoing support. People leave with tools to accomplish more of what is important to them *both* professionally and personally. Many say it's the best training they've ever done. You'll leave with:

- › **A Fast Forward Vision** that provides focus and inspiration
- › **A 90 Day Action Plan** focused on what you can control
- › **A 3 step model** to powerfully deal with challenges

## SIX WEEK VIRTUAL PROGRAM

Four 90-minute Zoom workshops led by a facilitator

Groups of up to 20 people



### Week 1

Declare a Bold Vision and Share It (Part 1)

### Week 2

Declare a Bold Vision and Share It (Part 2)

### Week 3

Buddy Meeting (No workshop)

### Week 4

Plan the Work and Work the Plan

### Week 5

Buddy Meeting (No workshop)

### Week 6

Choose a New Perspective

Buddy Meetings

WhatsApp Group

Reinforcement Emails

# Program Details

## Pre-Reading

- › Leader shares context, program benefits and overview.
- › Participants read Vision exercise and samples.

## Buddy Meetings

- › Participants get a peer coach and accountability partner for the program.



## Week One: Declare a Bold Vision and Share It – Part 1

*Fast Forward to one year from today: what does success look like?* Identify limiting beliefs and see benefit of writing down and sharing “unpredictable” ambitions and dreams.



## Week Two: Declare a Bold Vision and Share It – Part 2

Go deeper on Vision exercise questions sharing examples with colleagues. Expand what you see as possible and work on specificity and metrics.

- › *Homework:* Complete Vision and read it to your Buddy.



## Week Four: Plan the Work and Work the Plan

Evolve Bold Vision to a 90 Day Action Plan choosing three “unpredictable” and important outcomes to focus on. Learn how to be the “ringmaster” of your life – change bad habits that impact your productivity and peace.

- › *Homework:* Finish action plan with your Buddy.



## Week Six: Choose a New Perspective

Identify negative, disempowering stories that get in the way of your success and happiness. Use this to build confidence, resilience and relationships. Complete the program with commitments and coaching to practice the regimen and make your Vision a reality.

- › *Homework:* Work with your Buddy to choose new perspectives. Set up regular cadence to stay connected.