

PROGRAMME OUTLINE

STEPS

TO ECONOMIC AND PERSONAL SUCCESS

UNIT 1

What are we leaving out?

UNIT 2

What is the truth?

UNIT 3

Believing is Seeing!

UNIT 4

How our mind works

UNIT 5

Who do you listen to?

UNIT 6

The importance of self esteem

UNIT 7

What do you think about?

UNIT 8

Stretch your comfort zones

UNIT 9

Motivation is an inside job

UNIT 10

Understanding change

UNIT 11

Set goals and create your future

UNIT 12

Affirmations make it happen

UNIT 13

Be your own sculptor

UNDERLYING THE CONTENT OF ALL UNITS ARE THE FOLLOWING KEY CONCEPTS

- Beliefs and Performance
- How Beliefs are Established
- Locus of Control
- Self-Image and Comfort Zones
- Motivation
- Vision and Current Reality
- New Beliefs and New Performance (Affirmations and Goal setting)
- Self-Efficacy