



THE HUMAN FACTOR

Inspiring you to uncover your potential and pursue success

Tools for Life Satisfaction

Course Description:

This course is the ultimate tool to finding one's way in life. The material in this course will coach the participants through to a place of self-discovery, which often leads to "Aha!" moments.

This course is designed to give the participants life-direction and to create a plan to achieve the success they seek. Through using the exercises in this course, participants will be able to work through the transition stages and daily challenges of life while remaining focused on their goals.

Learning Objectives:

Upon completion of this program participants will have the ability to:

- **Realize their life direction**
- **Eliminate the feeling of being stuck in a rut**
- **Discover how to make a transition in life work**
- **Achieve a better perspective of what they can do to make themselves more full-filled**
- **Create a plan to achieve whatever it is that the participant defines as success**
- **Acquire a good understanding of their top three values**
- **Construct a Vision Statement for their life based on a deep understanding of who they are**
- **Establish goals to achieve their vision**

COACHING, CONSULTING & COUNSELING

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Course Content:

- I. Pre-course work
 - A. Pre-requisite – Uncovering A Treasure... You Recommended
- II. Introduction
 - A. Pursuing your passion
 - B. Maslow's Hierarchy of Needs
 - C. Discuss Self-Actualization
 - D. Review Transcendence
- III. Discovering Values
 - A. Discuss the context of a value
 - B. Review Exercise 1
 1. Influential people
 2. Inspiring media
 3. Profound experiences
 - C. Review Exercise 2
 1. Choose top three values
 2. Frequency of use
- IV. Defining a Vision
 - A. Define who you are
 - B. Define what you want
 - C. Define who you want to be
- V. Setting Goals
 - A. Review Exercise 3
 - B. Create goals
 1. Personal-Self Goal
 2. Professional Goal
 3. Relationship Goal
- VI. Vision Management
 - A. Create Action Plan – Personal-Self Goals
 - B. Create Action Plan – Professional Goals
 - C. Create Action Plan – Relationship Goals
- VII. Summary & Conclusion

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