


Manage your Life – Are you a Waiter or a Creator? Are you ‘waiting’ for the life you want to happen to you or are you ‘creating’ the life that you want? Are you existing in a world that is happening round you or are you living your life with intention? Learn how to create success and happiness for yourself. At the end of just 1 day you will know what is important to you in your life, know how to set and achieve your goals and ambitions and know how to manage your time so that you have the life and career that you want.

In Association with	
Duration	1 day – Interactive Course
Location	Midlands
Dates	
Investment	£295+VAT *with 100% money back guarantee
Certification	Certificate of Attendance

Course Overview

This 1 Day training session will provide you with the tools and techniques to enable you to manage your life more effectively. You will leave with the ability to create success and happiness for yourself and a feeling of empowerment and control of your destiny.

Who should attend?

Anyone with a desire to get to grips with the direction in which their life is going and who have aspirations and goals that they wish to achieve. Also very beneficial to individuals struggling to strike that all important work life balance.

Top 5 Learning Points:

- The importance of taking responsibility
- Understand what really is important to you in your life.
- The mindset required to achieve positive results.
- How to set goals for success
- Time Management

Training Course content:

- The Wheel of Life – a self assessment
- The principles for success
- Know your values and their importance

- Setting Goals
- Time Management
- Managing your state (group resource anchor)

Why train with us?

Unique Minds are providers of high quality Personal Development and Business Training for people like you. Like you, we are highly results driven and our aim is to deliver the performance improvements that will make you and/or your business even more effective and will get you the improved results that you are looking for.

All Training Programmes delivered by Unique Minds are based on the tools and techniques of Neuro Linguistic Programming (NLP) and provide individuals with 'Life Skills' that will empower them to bring about positive change in their lives whether that be inside or outside the workplace. NLP techniques are extremely flexible and can be applied in many different ways and in all aspects of life. The results will speak for themselves. At Unique Minds we believe that NLP based coaching and training is true investment in people as it recognises and celebrates people as individuals and enables them to become even more responsible for their behaviours, their results, their lives.

*We're so confident that you will be pleased with the results that you get from attending this training course that we offer a 100% refund to anyone who is not.

Looking for in-house delivery?

If you require this training course delivered in-house, please contact us to discuss. All of our training courses can be tailored to suit your needs.

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“Be the Catalyst for Positive Change”