

Creating a Purposeful You – Virtual

Introduction

People often say that the resource they lack most is time. Every minute is spent grappling with important issues, balancing deadlines, devising creative approaches.

But if you watch closely, you'll see that they rush from meeting to meeting (even virtual), check their email constantly, extinguish fire after fire, and make countless phone calls/texts/slack message. In short, you'll see an astonishing amount of fast-moving activity that allows almost no time for reflection

This workshop is about **balancing energy and focus** — not your time.

Objectives

- Learn how to become more purposeful, engaged and organised
- Increase greater levels of energy, motivation and focus
- Manage your activity around work styles reducing excessive negative energy
- Begin the creation of a better work / life balance

Programme Content

Session	Content	Pre/Post work
Directing Energy – Improving Focus	<p>Introduction (aims and expectations)</p> <p>The Focus and Energy matrix</p> <ul style="list-style-type: none"> • What drives us to be become disengaged, distracted, procrastinate • Eight ways of how to become more purposeful • Group discussions 2-3 people coaching each other on ideas suggested <p>Drivers - what makes us work the way we do</p> <ul style="list-style-type: none"> • Descriptions of the five drivers - strengths and weaknesses • Ways to overcome / manage these when we put excessive energy into a driver • Group coaching 2-3 on how to manage our own drivers <p>Questions, summary comments and final thoughts</p> <ul style="list-style-type: none"> • Suggested reading and a personal action plan 	Pre-reading which includes self-analysis Drivers Questionnaire
1-1 coaching (optional)	We recommend having a follow up meeting either with an external coach or with another member of the workshop	

Course details

Course duration	3 hour highly interactive session
Course times	9.30am – 12.30pm (with break)

For prices and dates please get in touch

learning@cambridgenetwork.co.uk

www.cambridgenetwork.co.uk/learning

Max delegates	9
Open calendar	Yes
In house	Yes