



Fulfilling Your Potential Workshop

Who are you?

- Values
- Control issues - how do you see the world?
- Types of control
- Resilience - managing stress
- Self esteem
- Self efficacy

Where are you going?

- You and your organisation
- Making a difference - what counts?
- Seeking the right opportunity for you
- Personal branding - social and business networking
- Ability and ambition
- Internal promotions

Which way is best?

- Assessing your options
- Avoiding plateaus and dead ends
- Investigating options
- How do today's decisions stack up for the future
- Balancing the challenge
- Doing what's right for you