



PROGRAM SCHEDULE

Monday 14 October 6 pm Welcome drinks, Sheraton Universal Hotel LA
Dress code: casual elegance

Come meet the people you will be hanging out with for the next two days. Enjoy a beverage (or two) and some canapes. Jo will welcome delegates in a relaxed fun space. Mingle and chat. Signature Cocktail and canapes will be served.

Day 1

Tuesday 15 October: Arrive 8:45 am ready for a 9:00 am start
Dress code: comfortable casual
The room can be a little cool as Jo like's the temp set at 20 degrees Celsius (68 F)

1. Understanding you

- Clarify your personal drivers and harness the principles of human motivation and behaviour to develop your mindset for success.
- Learn about the 6 core needs presented by Anthony Robbins and how these needs are being met (or unmet) in your day to day life and practice.
- Reflect on what you already know about yourself to help create a behavioural profile.
- Understand how the 6 core needs and your behavioural profile will create lasting change in your practice and life.

2. Your Criteria for success

- Establish your personal criteria for success.

- Identify your “non negotiables” and boundaries to ensure that you strive to achieve your definition of success on your terms.

3. Letting go of your self-sabotage

- Learn the common behavioural themes of self-sabotage
- Understand where self-sabotage is turning up for you.
- Identify ways to stop self-sabotage in its track when it rears its head.
- Reframe your negative self-perceptions

4. Hot seat coaching session in the room with Jo

- 1 person will be coached by Jo in front of the room to provide an experiential learning process for everyone.

Day 2

Wednesday 16 October: Arrive 8:45 am ready for a 9:00 am start

Dress code: comfortable casual

The room can be a little cool as Jo like’s the temp set at 20 degrees Celsius (68 F)

1. How does your brain really work – using neuroscience as the edge that sets you apart from the rest (with special guest Dr Amy Parks)

- Learn how your brain really works and how to maximize your energy, focus and potential
- Add to your self-knowledge following on from the 6 core needs, your behaviour profile and now neuroscience for effective self-management
- Listen for and take notice of the “Ahh-Ha’s!” and insights that are coming your way

2. My Core theme, and the projects that matter

- Identify what your Core Theme is for the coming 12 months
- Establish the projects that matter for the next quarter
- Build your to -do action plan (with our the overwhelm)

3. My board of advisors

- Identify who you need in your world and why
- Identify who you need less of in your world and why
- Develop your “Board of Advisors”

4. Hot seat coaching session with Jo

- 1 person will be coached by Jo in front of the room to provide an experiential learning process for everyone.