Webinar Guidelines

• Please mute your microphone
• If you wish to maintain anonymity, please:
  • Change your name to “Anonymous” in the settings
  • Turn off your camera
• Ask your questions via the chat function – we will try our best to answer them and/or provide resources
• There is a link to a (very) brief survey on the last page of the presentation.
• We will make this presentation, plus related resources, plus other such webinars available on our webpage
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www.carolinesarahventures.com
Overview

- How do I develop **power** within?
- How do I find my **purpose**?
- How can I make positive changes and **prosper**?
Power
Is the capacity or ability to direct or influence the behavior of others or the course of events. The ability to do something or act in a particular way.
Discover Who You Are

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Emotional Intelligence:

“A form of social intelligence that involves the ability to monitor one's own and others' feelings and emotions, to discriminate among them, and to use this information to guide one's thinking and action.”

Peter Salovey and John D. Mayer
Self Awareness
• The established set of attitudes held by someone
• New mindset = New results
Growth Mindset

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Self Regulation

EMOTIONS (inside)

THOUGHTS & ACTIONS (outside)

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FACE-to-FACE Communication

7% is accounted for by the words used, 38% on how we say it, and 55% on physiology.

- Study by Albert Mehrabian

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Assertiveness
FEAR

False Evidence Appearing Real

Face Everything And Rise

Zig Ziglar

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“Speak your mind even if your voice shakes.”
-Maggie Kuhn
Cognitive Behavioral Coaching

Psychological

Practical
Self-limiting belief

Change Thought

Change Emotion

Action
Confidence

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A person's sense of resolve or determination. To have as one's intention or objective.
Build Your Strengths

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Prosper

Flourish physically; to grow strong and healthy, make successful (often in material terms).

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PERSONAL GROWTH PLAN

VISION
How do I see my role?

INTENTIONALITY/MOTIVATION
How can I continue to be intentional and remain motivated?

GOALS
What are my top goals?

PLAN
What is my one year plan?

LEARNING
What do I intend to learn this year?
S 
SPECIFIC
Your goal is direct, detailed, and meaningful.

M 
MEASURABLE
Your goal is quantifiable to track progress or success.

A 
ATTAINABLE
Your goal is realistic and you have the tools and/or resources to attain it.

R 
RELEVANT
Your goal aligns with your company mission.

T 
TIME-BASED
Your goal has a deadline.
Thank You
Any Questions?

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