

# Finding Purpose

## Overview

To find true satisfaction in our roles, no matter what we do, we need to find our purpose for doing it. With a true understanding of your purpose, your mindset shifts, your motivation skyrockets and your outcomes become badges of honour that you wear with pride.

Our purpose finding workshop helps you reach the next level by delving into your values, how they align with your role and how they can positively impact both your work and personal life. Through self-reflection, we look at beliefs, how they impact your everyday life and how to shift the negative side of beliefs out of the way to make room for positive ones.

## Course content

- Take a snapshot of your life right now to know the areas you want to develop.
- Discover your values and use them to understand how you make decisions, if a value is working for you, and how to turn it around if it isn't.
- Gain insight into what is holding you back, why you believe certain things and how that belief was developed.

### Who's it for

All staff who wish to develop a more positive mindset in their role.

### Options

**Time:** 2 hours to a full day  
**Delivery:** Easily tailored to suit  
(In-house workshop, webinar, group delivery or individual coaching)



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