



BE AWESOME

Thriving: Not Surviving

Online Training!

Are you drained of energy and motivation by the constraints of isolation?

When was the last time you stopped, reflected and recharged?

Are you looking for ways to cut through and have a greater impact in your life and role?

Join us and unlock the power you have to choose how you think, feel, behave and ultimately define your reality.

You will leave with the tools to maintain balance, connect with your purpose and feel fulfilled.

For further information or to register for this program, please go to our website www.corporatedojo.com



Sign up for this training if you are...

- Drained of energy and looking for ways to recharge
- Looking for a greater sense of purpose and fulfilment
- Committed to being the best possible version of yourself and looking to invest in your success
- Striving to break through to the next standard of performance or advance in your career
- Wanting to create greater balance in life

Online Module:	Focus:
Foundations of success	The power of choice and personal accountability
Nurture your spirit	Have energy and invest it wisely
Choose to thrive	First you need to want to thrive
Take ownership and take action	Dreams are realised when we take full ownership and choose to act
Be mindful	Be aware and act consciously
Have belief and act with courage	Power of positivity and strength
Let go	Letting go of what no longer serves you
Focus	Invest in what matters most
Love yourself	The importance of self-respect and nurturing
Be grateful and happy	Happiness is a choice that begins with being grateful with what we already have

What you can expect to gain from completing this program...

- Be inspired to take ownership of your health, happiness and success
- A guide to becoming the best possible version of yourself
- Tools to build self-awareness and support you to make successful choices
- Understanding how you can shift your approach to achieve more
- Equip yourself with the capability to build resilience and work with confidence through periods of change and challenge
- To lift self-awareness and engagement

Please Note:

- Any discounts applicable to multiple registrations (in the one transaction) will be included in the final displayed total
- We will contact you post a multi purchase transaction for the registration details of those individuals you have paid for