



Jacqueline Wales

Be Fearless...See Where it Gets You!

TRANSFORMATIONAL STRATEGIES FOR SUCCESS

A self-directed online program designed to help your most valuable employees become more self-aware, engaged, and productive.

The following 11 strategies are contained within the TSS program. We recommend that this program be conducted over a year for participants to complete each strategy in a timely manner, and to engage them fully in the process of change. The program is supported by small group masterminds to allow for deeper exploration and connection with peers.

STRATEGY 1

Going Beyond Fear:

A close look at how fear diminishes our thinking and leads to behaviors that interferes with our ability to set more ambitious goals. Understanding and addressing some of the fears that individuals may have that are currently getting in their way leads to insights necessary to adjust thinking and behavior for more positive results.

STRATEGY 2

What Are You Willing to Change?

Resistance to change is one of the most common reasons why people continue to settle for less and allow status quo to be the driver for their existence. Taking a hard look at how to move past the obstacles that create resistance includes a deep look at the issues of resilience and risk, understanding blame, setting a clear vision, and creating a plan to move forward.

STRATEGY 3

Begin With the End In Mind

Using the framework created by Stephen Covey we take a deeper dive into identifying vision, addressing values, goal setting, procrastination, getting

outside your comfort zone, and knowing your Fearless Factor. We also address the issue of fear of success and how we can counteract that.

STRATEGY 4

Attitude Is Everything

TSS focuses on change your attitude and you change everything. We address the issues of how you talk to yourself, negative thinking, over-generalizing, and labeling which can interrupt the ability to live up to full potential. We encourage people to think differently and learn how to accept self through appreciation and gratitude.

STRATEGY 5

Be Yourself Everyone Else Is Taken

The greatest obstacle to success is lack of confidence, and a belief that somehow you are not competent. This leads to indecision, inability to speak up, and a need for approval to feel good. In this strategy we will look at the issues of gaining confidence, defining your strengths and weaknesses, identifying key values, and the reasons why self-awareness is essential to develop the full extent of your potential.

STRATEGY 6

Fail Better

We live in a society where fear of failure prevents people from taking risks. The fundamental philosophy of TSS is that we are all failing our way to success, and to do so we must take a different approach to the meaning of failure. Exploring the fear of failure and how to overcome it is essential to take more meaningful risks which lead to a more satisfying and more impactful career and life.

STRATEGY 7

Living Life On Purpose

There are three innate needs of every human being. The need for belonging. The need for empowerment and the need for meaning (and purpose). Addressing the concepts of passion, vision and purpose will create an opportunity for participants to define their life purpose and goals.

STRATEGY 8

Communicating Your Needs

Learning how to communicate effectively is not just what comes out of your mouth, but also encompasses your body language and most importantly, how to listen well. In this strategy we explore why what we communicate

matters, and how to do it effectively. We will also highlight the ways in which we can be better listeners and improve our ability to lead effectively.

STRATEGY 9

As Time Goes By

Using our time wisely is a continual struggle for so many. We will examine how we manage time, learn about the habits that stop us from using our time wisely, how to value your time, and set clear goals on how to manage the time we have for the tasks we are doing.

STRATEGY 10

Building Your Entourage

None of us becomes a success simply by doing our own thing. We need a tribe of supporters, champions and influencers who can help us take the next step in our careers. We will consider the ways in which you become an influencer, and how to build a board of advisors who will help guide the process of building a more impactful career.

STRATEGY 11

One Step At A Time...It's Only The Beginning

Any journey of change is simply a step along the way. Understanding how to continue to make progress is essential to continue the learning. The focus here is on the importance of reflection. Reviewing all aspects of the program including an analysis of their increased self-awareness, understanding of resistance to change, how to handle fears, identify their values, purpose and vision, and action steps toward goals, as well as an increase in confidence and greater awareness of skills and talents it will create a solid foundation for future growth and help direct their career and life moving forward.

Note:

Throughout this program participants will have the opportunity to join a monthly small group virtual mastermind pod to discuss the learning and get input from the coach, as well as share their experience with their peers.

If you would like to set up a time to discuss bringing this program into your organization please email me at jacqueline@jacquelinewales.com or check out my [calendar link here](#).