

Yes. You Can.
6 building blocks for a successful
future

Facilitator: Tania Tytherleigh



Master Trainers Institute

Australia

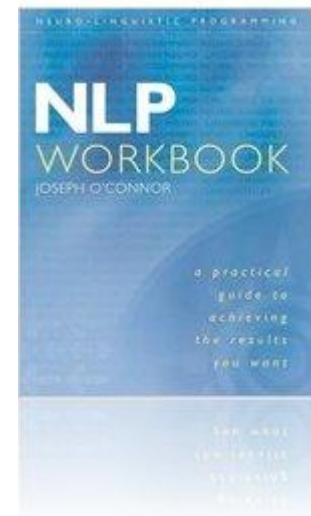
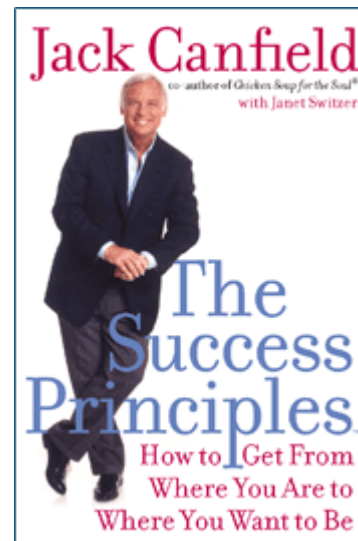
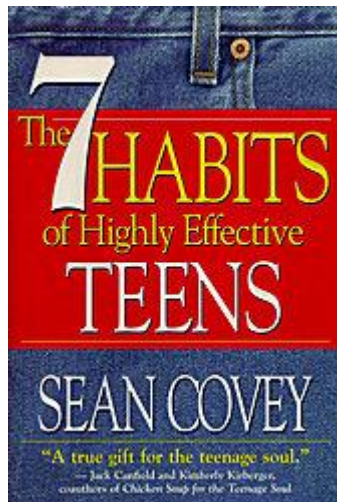
info@mastertrainersinstitute.com | 0412 304 742 |

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THE HAPPINESS INSTITUTE

Applying the principles of Positive Psychology

TODAY'S PRESENTATION IS BASED ON CONTRIBUTIONS FROM...



BUILDING BLOCK 1: DRIVING YOUR BUS



Key message:

Take 100% responsibility for what happens to you

How do we learn to drive our bus?

1. Be proactive not reactive

Change our language - Change our thoughts

2. Choose to respond differently for a different outcome

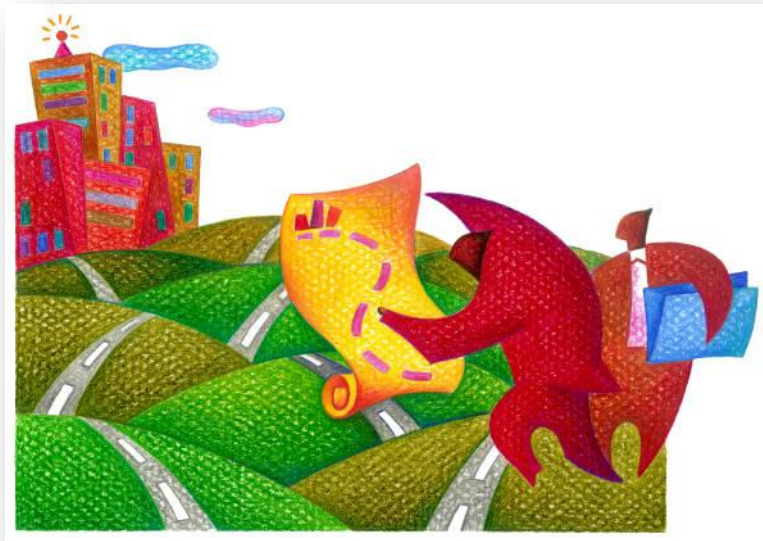
Event + Response = Outcome

3. Just drive!

Take action



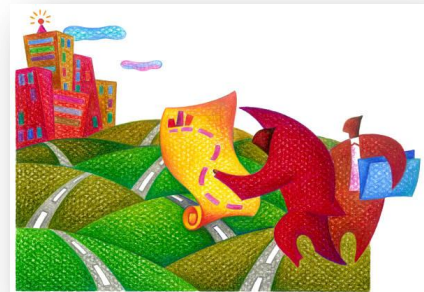
BUILDING BLOCK 2: KNOW WHERE YOU'RE GOING



*Key message:
Begin with the end in mind*

Mapping the destination

1. Develop a personal mission statement – to define who you are
A journey of self discovery
2. Paint the picture of your outcome:
 - State what you want in ‘moving towards’ language
 - How will you know when you’ve achieved this? (Look, Sound, Feel, Happen)
 - What are the consequences of achieving this?
 - Who will you need?
 - How will you get there (steps or tasks)?



BUILDING BLOCK 3: GATHER YOUR TRAVELLING COMPANIONS



*Key message:
We achieve more together than we can alone*

Choosing our travelling companions

1. Role models
2. Mentors
3. Champions
4. Reflectors
5. Gap fillers



BUILDING BLOCK 4: DON'T LET 'ROAD ENDS' END YOU



*Key message:
Celebrate failures – they're opportunities to grow
and learn*

BUILDING BLOCK 5: ENJOY THE SCENERY ALONG THE WAY



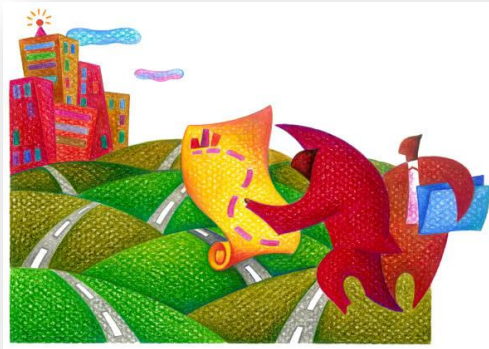
*Key message:
Find great things to notice and be thankful for
every day*

BUILDING BLOCK 6: TOP UP YOUR ACCOUNT REGULARLY



*Key message:
Do 'good deeds' for yourself and others*

THE BUILDING BLOCKS



MORE BUILDING BLOCKS TO SUCCESS...

Find your passion

Model excellence

Dream large

Celebrate success

Practise persistence

Big rocks first

Think “win win”

Learn about money

Act “as if”

Walk in another’s shoes

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