

Productivity Bootcamp

Total Focus – YB12

Overview

Productivity Bootcamp is a short, sharp and powerful workshop that will give you Total Focus for YB12 (Your Best 12 months)!

Using perceptive self-analysis and mind mastery, the focus is on beating procrastination and learning to think above the crowd. This one-day workshop combines an A–Z action planning process with powerful emotional management strategies to empower participants to embrace the 90-day Challenge to Change.



Content

How to have YB12
Your Best 12 Months Ever

Discover how to take action to achieve your business and life goals by:

- developing a mindset of excellence in results and living
- avoiding the 4 Steps to Failure
- overcoming procrastination and taking immediate action to achieve your business goals
- understanding why behavioural change is difficult and how to lead through it.

Gain indepth understanding of the **key components** to unleashing potential in yourselves and in your team, and staying focused, motivated and on track:

- **Self-Analysis**
- **Action Planning**
- **Mind Mastery**
- **Emotional Management**

At the conclusion you will take home a **90-day Challenge to Change** – to have more, do more and be more than ever before.



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Outcomes

At the end of the program, you will have:

- Clarity: about personal goals and lifetime achievements through honest self-analysis
- Focus: development of a structured day-to-day plan for staying focused and on track to achieving your goals
- Empowerment: emotional management tools to empower you to negotiate life regardless of prevailing circumstances and empower you to win
- Mindset: mind mastery tools to help you think above the crowd, in new and different ways
- Resilience: a 90 day Challenge to Change to assist you in meeting the challenge of change

Productivity Bootcamp is a *process*, not an *event*.

“Excellent workshop. Katrina is clear and direct about goal setting and what needs to be done to achieve this. Nothing is overly complicated or fluffy. Genuine steps anyone can put in place to follow.”

- Ailin Bonilla, Six Degrees

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Your Facilitator: Katrina Bromell

Katrina is a dynamic results-driven performance coach for business, life and health. Described as a powerful change

agent, she is committed to providing clients with the tools to readily take action, gain traction and live and breathe success. Katrina teaches that anyone can achieve anything they want, by executing an effective action plan, gaining mastery over their mind, and building emotional resilience.

Katrina has an Arts Degree and is an Associate Certified Coach with ICF and was awarded the YB12 Most Outstanding Coach in 2016 and 2017. An experienced facilitator, keynote presenter and one-on-one coach, she has a detailed working knowledge of what is required to bring increased productivity, focus, and excellence in business, life and living.

“Great accomplishments have their origin in dreams, but in the end, it is not in the wishing or hoping, but in the doing.”

Cost for NAWO members:

\$900 + GST

Exclusively for NAWO Members. We offer NAWO endorsed programs at a reduced cost. The cost of this program is not covered by your corporate/individual membership.

2018 Workshop Dates:

VIC - 15 May 2018, 9am-5pm

For more information, please contact the National Association of Women in Operations:

email: info@nawo.org.au

website: www.nawo.org.au

