

fecund training

and personal development

EXCELLING BEYOND YOURSELF

Harnessing the power of obsession with a small 'o' – dare to define where your life is heading and stop at nothing to make it happen.

Who is it for?

For ambitious people who know they have to change to be successful and who are ready to step up to the next level in their development in whatever they do.

What is it about?

This course makes you look at where you are now, gives you the opportunity to plan where you want to go, and gives you the tools & skills to achieve it. It teaches you successful behaviour that releases VITALITY leading to self actualisation, achievement and success.

Course overview

- THE POWER OF OBSESSION – are you working as hard as you know you should? Are you obsessed? Discover the freedom to be all you can be
- COMPLETE CONVICTION – develop the single mindedness to aggressively actualise your dreams
- PRIDE – invest yourself totally in what you do to motivate yourself and inspire others around you
- VISUALISE SUCCESS – learn physical skills to help you shape success and become the person you dream of being
- WRITE YOUR OWN OBIUARY – establish how you want to be remembered and then start planning the life that makes it a reality
- PLANNING YOUR TRAGECTORY – giving you the opportunity to consider your life & make a plan for the next 10 years of your life
- MANAGE YOUR FUTURE – manage yourself like you would a project, monitor your success and learn how stay focused and aggressively drive yourself towards success

What do I get out of it?

- Create a personal blueprint for your aspirational future self and positive step by step action plan of how to achieve it
- Be able to implement challenging and dynamic behaviours to improve your top level performance in all areas of your life and work
- Embody the future self you aspire to be using our unique physical techniques
- Gain high level skills and attitudes to plan and project manage your own development to get to where you want to be

Want to book or find out more?

To book a session, for more information about any of our courses, or to come to one of our free **monthly Taster Sessions** call **020 7575 3164** or email ian@fecund.co.uk
Details of all our courses are available at www.fecund.co.uk

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