

# fecund training

## and personal development

### **URGENCY or DO IT NOW**

*Focus your potential and drive yourself to be successful with the unstoppable juggernaut of DO IT NOW!*

#### **Who is it for?**

Ambitious people who want to achieve more at work in the time they have and motivate themselves and their teams to devour tasks with renewed vigour, energy and aggression.

#### **What is it about?**

This course is about dynamising how you approach every aspect of your working day with assertiveness and positive energy. It will help you create an unbroken line of energy from the moment you walk in to the moment you finally clock off, revolutionising the speed with which you think, talk, work and ultimately succeed.

#### **Course overview**

- ENERGISE YOURSELF – physical skills to help you exude positive energy, even on difficult days
- ENERGISE WHAT YOU SAY – vocal techniques to speak with conviction and power, face to face or over the phone
- FIND YOUR PURPOSE – rediscover what you want from your job and your life and re-focus how you will achieve it
- DYNAMISE DIFFICULT TASKS WITH POSITIVE ENERGY – overcome fears and obstacles with a renewed sense of drive and a positive attitude to work
- DO IT NOW – don't put it off, solve the problem now, whatever it is – learn to master any problem by meeting it head on
- PUNCH THE NUMBERS – stop procrastinating and make those important calls – see how to apply positivity and drive to telephone based tasks
- PLANS–AIMS–CLARITY–DRIVE – if you haven't planned it, you can't drive it – learn how to push yourself to succeed with clear vision and structure
- TAKE PRIDE – increase your motivation by taking pride in and responsibility for yourself, your job and your company

#### **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](mailto:ian@fecund.co.uk)  
Details of all our courses are available at [www.fecund.co.uk](http://www.fecund.co.uk)

**fecund training**  
studio 210  
westbourne studios  
242 acklam road  
london  
w10 5jj