



The Holistic Self-Awareness and Accountability Course©



We exist to empower leaders and teams to breakthrough and achieve their potential!

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The Holistic Self-Awareness and Accountability Course©

Would your leaders and team members benefit from holistic self-awareness and a healthy upgrade in accountability?

It is true to say that we are all on a unique journey. This course offers a refreshing outlook on self-awareness, self-accountability, and others-accountability. Some of the outcomes that your team will experience include being able to better overcome challenges, develop skills, and find the necessary resilience to achieve the best possible outcomes.

Participants will also implement The 5 Keys to Holistic Self-Awareness and Accountability:

- Discover Yourself Early and Often!
- Have Balance and Gain Momentum!
- Build Overflow into Your Life!
- Develop Areas of Trouble!
- Get Accountable to a Team, Mentor and/or Coach to Ensure Your Success!



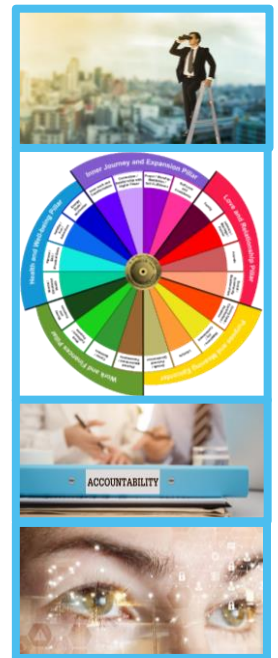
This course mixes a blend of pragmatic teaching, active work, reflection time, working with frameworks and team discussion. We highlight tools such as our proprietary Abundance Life Wheel Tool© and more. Here are the 3 Parts to this course:

Part 1. Getting Our Lives on Track

- Moving from safety in the “familiar zone” of our lives to expand, grow, and move toward our potential. Avoiding something we call “deadly drift.”
- Consider the questions: Who am I? Where am I now? Where am I going? What matters most? What do I need for the journey ahead? What obstacles am I likely to encounter?
- Adopting a growth and abundance mindset.

Part 2. The Self-Awareness and Accountability Sweet Spot

- Increasing our clarity through coach led visualisation and a vision framework.
- With heightened self-awareness, select key areas for personal growth.
- The Abundance Coaching Life Wheel Tool©.
- The 5 Keys to Holistic Self-Awareness and Accountability.
- The Self-Awareness and Accountability Sweet Spot. When we deliver custom programs, we work with your team leaders to choose which additional self-awareness tools to give to each participant for further self-awareness and coaching. We can include Kendall Life Languages Profile™, Epic Life Values Discovery©, VIA Character Profile™, Gallup Clifton Strengths Profile™, Driven Resilience Profile© and Abundance Coaching Beliefs Breakthrough©, DISC Personality Test for the Workplace™, Big 5 Personality Test™, The Typefinder® Personality Test, and Enneagram for the Workplace™.



Part 3. Accountability: choosing and implementing an effective goal and accountability process

- From your important priorities you will turn your key area into an effective goal to move ahead.
- We will introduce simple and effective goal processes that can be implemented into your provided goal journal.
- Set up a self-accountability and others-accountability process to ensure your goals are achieved.
- Be aware of distractions that take you off track and develop a plan, so you stay focused.
- Integrate your personal strengths to inspire and empower you with your personal and professional goals.

The overall training/coaching is aimed to inspire and coach participants to gain a level of self-awareness with the various areas of their life and then take steps to implement an effective goal and accountability process. The course can be run in the following formats: 1-2 Hours, Half Day, Full Day and Custom Program options are available. Call +61 481 307 778 or email office@breakthroughcorporatetraining.com.au for more information.

Empowering leaders and teams to breakthrough and achieve their potential!

Breakthrough Corporate Training offers workshops, corporate training, coaching, team building, retreats and speaking services to organisations in Australia and worldwide. Breakthrough Corporate Training has a strategic partnership with TransforMe Learning and combined, we have over 70,000 hours of coaching/mentoring/training experience in organisations. 10s of 1000s of People from organisations in Sydney Australia and around the world have been transformed through our talks, corporate training, coaching, and mentoring. See some of our combined clients below.



Our Vision

Breakthrough Corporate Training is a Sydney Australia-based corporate training leader. We facilitate powerful breakthroughs that transform team culture through our CLASS (Communication, Leadership And Soft Skills) and RAW (Resilience And Well-being) Courses and Programs. Our clients experience transformation through our on-line and on-site training, coaching, team building, retreats, and keynote talks. We add enormous value to teams as they become healthy, cohesive, and successful.

Our Core Purpose

To Empower Leaders and Teams to Breakthrough and Achieve Their Potential!

Our Core Values

Our Core Values show you what is really important to us and how we behave. Our core values demonstrate who we are at our core to our clients. These Core Values are intrinsic to who we are, and they do not change. Our Core Values are *Engagement, Breakthrough, and Passion*.

- Engagement* – We are engaged in every client encounter. We empower leaders and teams to *Breakthrough*.
- Passion* is our energy that fuels transformation experiences.

Our Nurture Values are values that we care about and that we aim to demonstrate in our behaviour. These values reflect our standards and how we function in our organisation. Our Nurture Values are *Relevance, Heart, Integrity, Presence, Truth, Courage, and Teamwork*.



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