

# Pathways To Success for Individuals

This list is just some of the Workshops and Events that we facilitate for individuals.  
Please contact us at [info@brucebalance.com.au](mailto:info@brucebalance.com.au) to register your interest in one of our exciting and highly effective programs.

Event Name	Overview	Duration	Target Audience	Register Interest
<b>Personal Empowerment</b>				
<b>Lifestyle Transitions</b>	Begin to determine your future direction and understand your role and accountability in that future by gaining a greater awareness and appreciation for your current skills and past achievements. Position yourself to make a successful lifestyle transition by developing, creating, innovating and generating new ideas to advance your objectives and goals. Provides fantastic focus and clarity of the personal goals and targets you set out to achieve	1 day or 2 day options available	Aimed at everyone undergoing transition in their life: new job, new career, new direction, etc Also excellent for individuals undergoing transition via new parenthood, moving to retirement, preparing for redundancy, etc	<a href="#">Register Interest</a>
<b>Valuing Your Values</b>	Gain an understanding of what values are and learn the relationship between values and actions & behaviours. Become clear where, and how, your personal values show up in all areas of your life and set goals congruent with those values.	4 hours	Ideal for individuals seeking clarity of their vision and mission and wanting focus on goal setting and achievement.	<a href="#">Register Interest</a>
<b>Perfect Balance</b>	Learn how to effectively manage yourself and prioritise your daily activities so that you attain time management and achieve the greatest outcomes for the least amount of effort. Discover how to set congruent goals and develop a plan that will help you achieve your desired, optimal balance in all areas of life.	2.5 hours	Aimed at everyone wanting to increase balance and satisfaction in any area of their life. Ideal for those needing to improve their time management.	<a href="#">Register Interest</a>
<b>Career Advancement</b>				
<b>Activate Your Career</b>	Get your career soaring by identifying and understanding your Strengths, Opportunities, Aspirations and Results. Learn skills and techniques to be a successful job-hunter, to prepare impactful Resumes and Covering Letters to secure interviews, to Network for best results and how to conduct yourself during the Interview process	Full day	Aimed at individuals seeking skills to proactively advance their career.  Can also be used to position individuals encountering redundancy or retirement.	<a href="#">Register Interest</a>
<b>Working Your Network</b>	Learn how to identify the various components of your network and then ensure that it contains the right people. Understand how to put it all into action; ensuring your network remains relevant, current and balanced by contributing to other peoples' networks.	3 hours	Ideal for individuals seeking to enhance their careers, expand their knowledge and develop exceptional business contacts.	<a href="#">Register Interest</a>
<b>Coaching To SOAR</b>	Fortnightly One Hour Coaching sessions over 3 - 6 months to identify and leverage Strengths, Opportunities, Aspirations and Results so that current professional success will become a springboard for even greater professional success.	6 or 12 sessions @ 60 min	Aimed at High Performing and High Potential Individuals Can be run as a Group Coaching Session	<a href="#">Register Interest</a>
<b>Coaching To Create</b>	Fortnightly One Hour Coaching sessions over 3 - 6 months to enable you to create your inspirational vision.	6 or 12 sessions @ 60 min	Aimed at anyone seeking to bring life to their dreams. Can be run as a Group Coaching Session.	<a href="#">Register Interest</a>

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## Professional Impact

<b>Activating Leadership</b>	Our signature program. Each of us is a leader in some area of our life (just as we are a follower in other areas). Identify where you are a leader and learn how to activate those characteristics and behaviours in the areas of your life where you are seeking to become an inspired leader.	Full day	Aimed at everyone taking on a leadership role. Ideal for new and first time leaders but also vital for established leaders seeking to take their performance to higher levels.	<a href="#">Register Interest</a>
<b>Change and Communication</b>	Learn the significance of the stages of change and gain valuable insight about your role in the change agenda. Develop the mindset and behaviour to empower yourself for change.	4 hours	Ideal for anyone encountering change within their organisation or career.	<a href="#">Register Interest</a>
<b>Presenting for Success</b>	Learn the important steps in preparing and structuring your presentation. Learn tips to master your body and harness your voice whilst minimising your reliance on PowerPoint. Practice your new skills through simulated role-play.	4 hours	Aimed at everybody wishing to make an impact with their presentations. A great skill to have in many areas of your life.	<a href="#">Register Interest</a>
<b>Build a Business Case</b>	Understand the importance of harnessing your skills, values and emotions when developing a Business Case that seeks buy-in, support or sign-off for any initiative in your professional life. Develop a business case during the session that will position your initiative or project as part of your professional success and position you as part of your organisation's future success.	Full day	Aimed at professionals seeking to develop a business case to maximum impact.	<a href="#">Register Interest</a>
<b>The C Suite</b>	Learn the art of effective and constructive communication and also how to perform under pressure in this simulated real-play activity replicating a typical fast-paced, real-life business &/or board meeting. A thorough debrief enables participants to reflect on the activity, discuss what was learned and explore how to apply the new insights to their professional lives.	2 hours	Ideal for individuals new to their roles and those moving into more senior positions. Also ideal for leaders at any level seeking to gain an understanding of their leadership style.	<a href="#">Register Interest</a>

## Health and Wellbeing

<b>Feeding Your Mind</b>	Learn which everyday foods feed your mind to activate your genius, gain clarity and enhance intelligence	2 – 3 hours	Inspirational and interactive group session to promote and role model health and wellbeing within your life	<a href="#">Register Interest</a>
<b>In The Raw</b>	How “stripping” back and eating a pre-dominantly raw food diet can make you look younger, add years to your life and help you to become dis-ease free.	2 – 3 hours	Inspirational and interactive group session to promote and role model health and wellbeing within your life	<a href="#">Register Interest</a>
<b>Modern Living The Ancient Way</b>	Learn the simple 7 Principles of Health our ancestors used to live by for health, longevity and happiness.	2 – 3 hours	Inspirational and interactive group session to promote and role model health and wellbeing within your life	<a href="#">Register Interest</a>
<b>Kitchen Fitness</b>	Look fit and fabulous year round by learning quick and easy secrets to integrating functional exercise into your busy life whilst cooking dinner, watching TV, etc.	2 – 3 hours	Inspirational and interactive group session to promote and role model health and wellbeing within your life	<a href="#">Register Interest</a>