

2018 Reflection & 2019 Action Workshop



Reflect
Re-focus
Self-motivate

What did you learn from 2018?
What will you achieve in 2019?

2018: the year in review

In business and sport we often don't take the time to pause and reflect before taking on to our next challenge. As you've had a chance to recover over the holidays and renew your energy levels, now is the perfect time to take the opportunity to take a deep and honest look at yourself and 2018.

We get a lot less inquisitive as we get older. One study found 70-80% of kid's dialogue consisted of questions, but the same figure is only 15-25% for adults. Which is a shame, because curiosity is associated with better physical and mental health.

- What was 2018 all about for you?
- What defined your year?
- Are you clear why you achieved some goals and not others?

Once you've harvested the learning from 2018 it's time to consider what your intentions are for 2019. Take time to pause, reflect and imagine some better paths that might help you take advantage of next year.

"Don't avoid thinking by being busy. Taking the time to slow down is good for learning, and good for our brains."

SMART / **FIT**
BODY / **MIND**

2019: the year ahead

Thriving in today's workplace is all about investing in "the start-up of you". You can't just show up. You need a plan to succeed. All the things that matter in life and work require real time and energy to build.

You have to know more, you have to update what you know more often and you have to do more creative things with it. The new killer skill set is an agile mind-set that values learning over knowing.

In the second part of the workshop you will set goals and gain clarity around how you can support and motivate yourself to achieve them.

- How will you take ownership of your own future in 2019?
- How are you going to motivate yourself to learn?
- How will you manage your energy to sustain yourself throughout the year?

"Each of you is perfect the way you are ... and you can use a little improvement" Shunryu Suzuki

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Wednesday February 13 2019 8:30am-12:30pm

Canterbury Club, 29 Cambridge Terrace

\$150+GST

David Bennett and Paul Todd from Smart Body Fit Mind present an opportunity to define your year ahead with clarity by understanding what happened in 2018 so you can learn how your decisions defined your success and how you can set yourself up to make 2019 your most successful year ever!

If this sounds like you then come along to this half day workshop.

To register email admin@davidbennettcoach.com



“Reflection x Action = Leadership”