



ASPIRE: *To seek to attain or accomplish a particular goal. to ascend, to soar.*



ASPIRE



Time & Life Leadership

*with Dr. Sam Collins,
CEO and Founder of Aspire*

OUR MISSION IS
TO INSPIRE
AND EMPOWER
YOU TO
ACHIEVE YOUR
LIFE, WORK
AND WORLD
GOALS





ACHIEVE GENDER EQUALITY AND
EMPOWER ALL WOMEN AND GIRLS



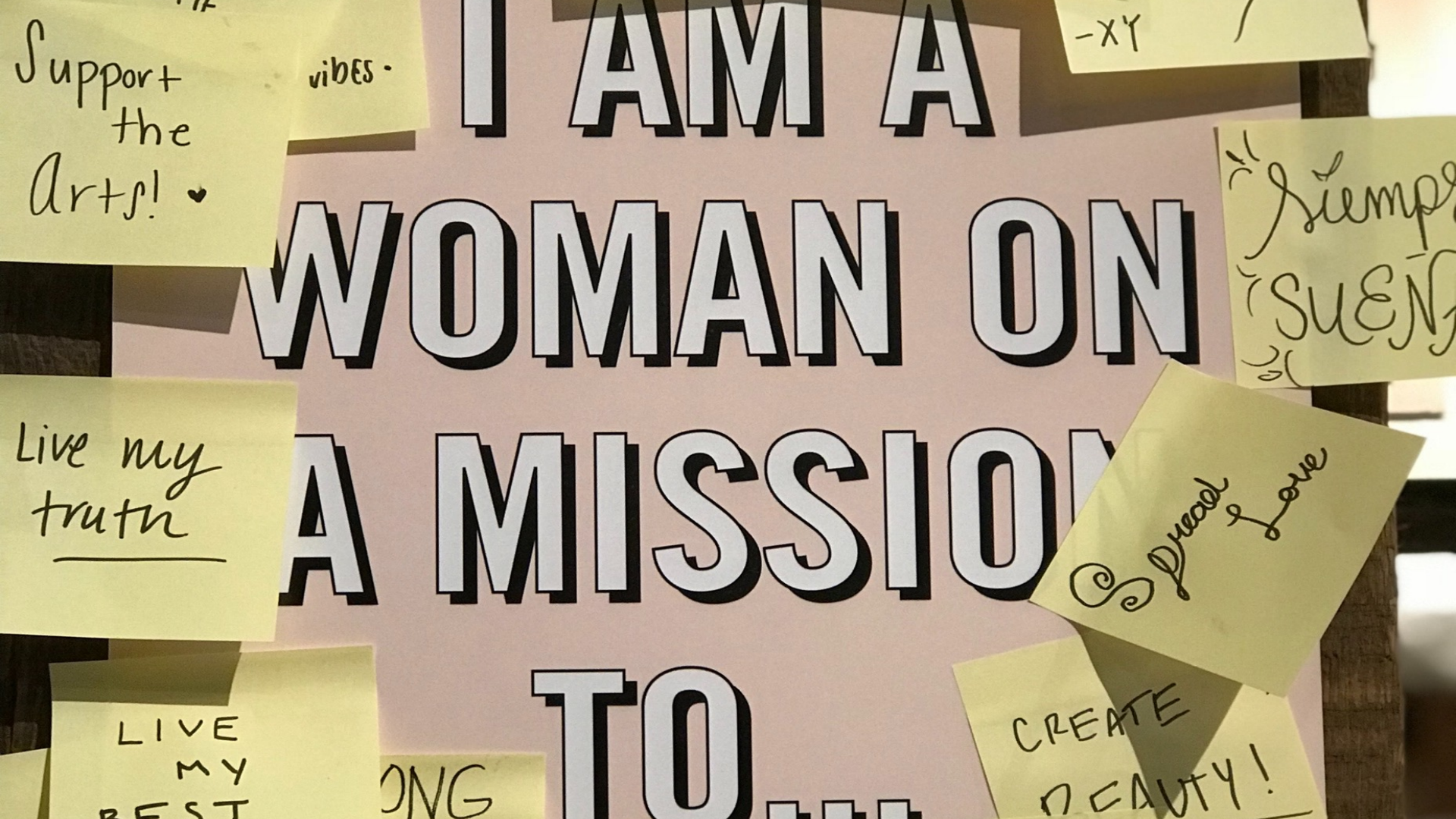
**SUSTAINABLE
DEVELOPMENT
GOALS**



LIFE

WORK

WORLD



Support
the
Arts! ♥

vibes -

-XY

Siempre
SUEN

Live my
truth

Spread Love

LIVE
MY
BEST

ONG

CREATE
BEAUTY!

I AM A
WOMAN ON
A MISSION
TO...



*“It is most important
to me today that we
agree to...”*

What is Time and Life Leadership?

“Being in control of my own destiny”

*“Know when to lead and when to get out of the way
But to HAVE A LIFE!”*

“Making sure that I don't look back in ten years' time and have any regrets”

“Being successful in my career without working every minute”

“Know better what my real priorities are”

“Having a great team in and out of work”



Managing your
time effectively
has a positive
effect on
improving
anxiety, sleep
and work
performance.



Women are better at organisational skills, multi-tasking and handling tasks fast and efficiently.



Women leaders are the future of the planet



“The Great Break Up”

ASPIRE



“

Don't try to fix the women,
try to fix the system.



Be a time & life leader and focus on the
RIGHT things for you and the world



What did you learn so far?



Busy

Busy
Election Day

Busy

Busy

Busy

9
Busy

10
Busy

11
Busy
Veterans Day

12
Busy

13
Busy

16
Busy

17
Busy

18
Busy

19
Busy

20
Busy

23
Busy

24
Busy

25
Busy

26
Busy

27
Busy

Time Manager	Time & Life Leader
Day to day	Longer term future
Copes	Thrives
Busy	Strategic
Focuses on tools	Focuses on mindset
Blames circumstances	Understands the system
Say's yes a lot	Say's no a lot



FOLLOW
YOUR
DREAMS
THEY
KNOW
THE
WAY

Time and Life Leadership System

1. Create a Vision for Yourself
2. Have Daily Thinking Time
3. Be Energy Efficient
4. Empower Your Yes
5. Have a Daily Strategy

A person is seen from behind, sitting on a wooden dock that extends into a calm lake. The lake's surface is like a mirror, reflecting the surrounding landscape. On either side of the lake are steep, rugged mountains covered in dense green forests. The sky is a clear, pale blue. The overall scene is peaceful and majestic, suggesting a moment of reflection or contemplation in nature.

1. Create a vision



Comparisonitis

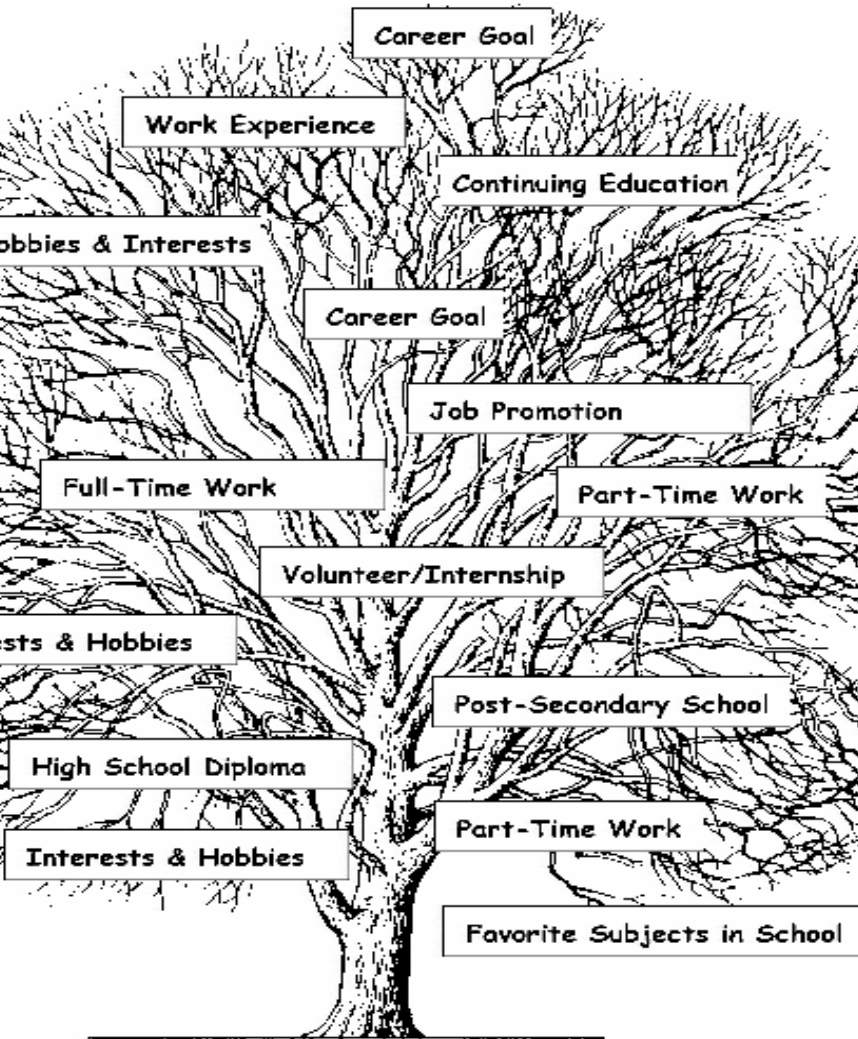
Busy disease

Social norms

Tolerations

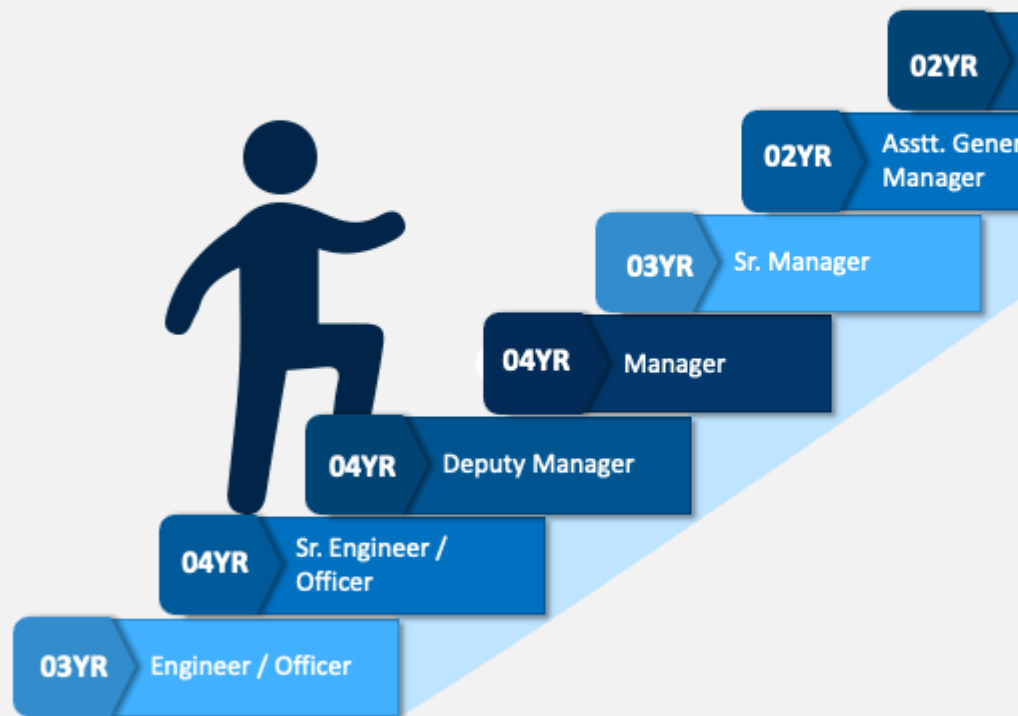


*“If you don’t know
where you are
going, how do you
decide what to do?”*



“Career Ladders and Career Trees”

ASPIRE





Stages of a Woman's Career

Idealistic Achievement
Pragmatic Endurance
Reinventive Contribution

**Probable
Future**

**Plausible
Future**

**Possible
Future**



ASPIRE

How would
you love
your time
and life to
be?



THE Vision

TEST*

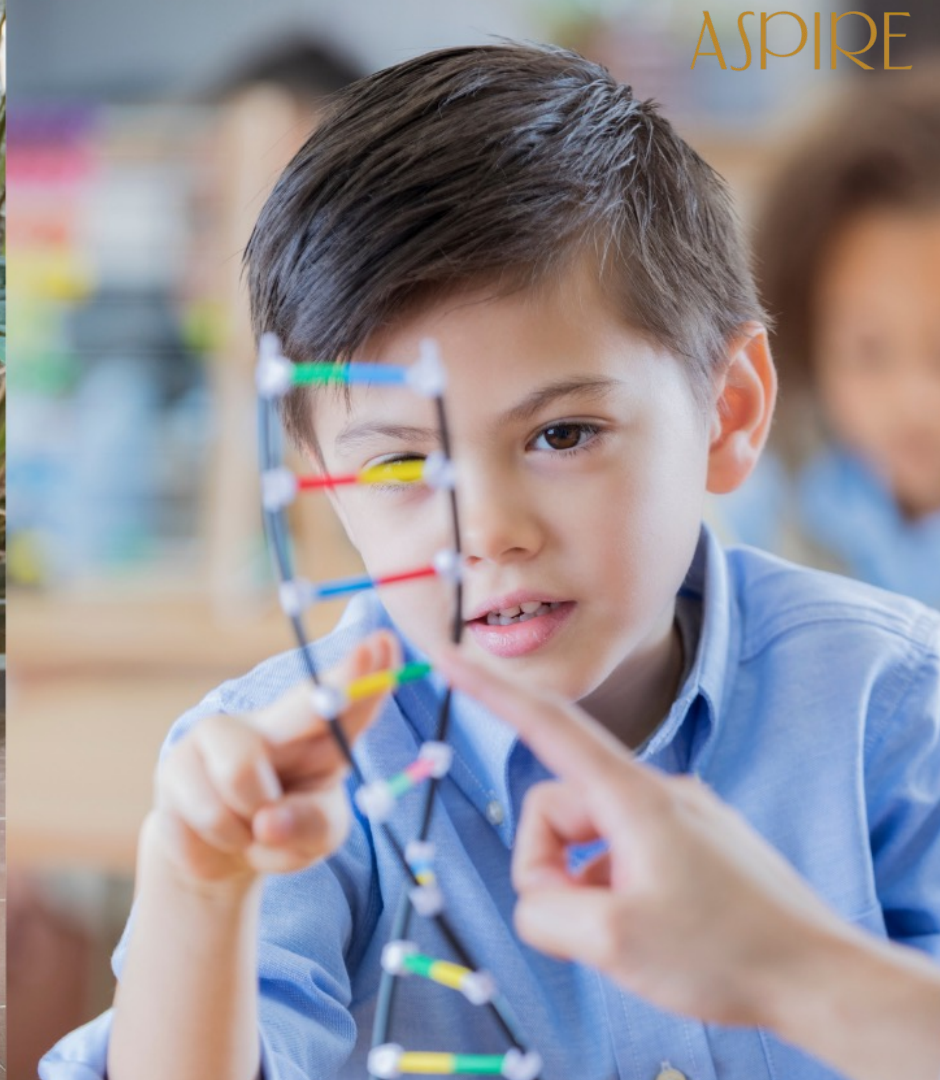
A stylized graphic of an eye is centered in the background. The eye has a light blue iris and a grey outline. Numerous thin grey lines radiate from the center of the eye towards the bottom of the frame, creating a sense of focus or vision.



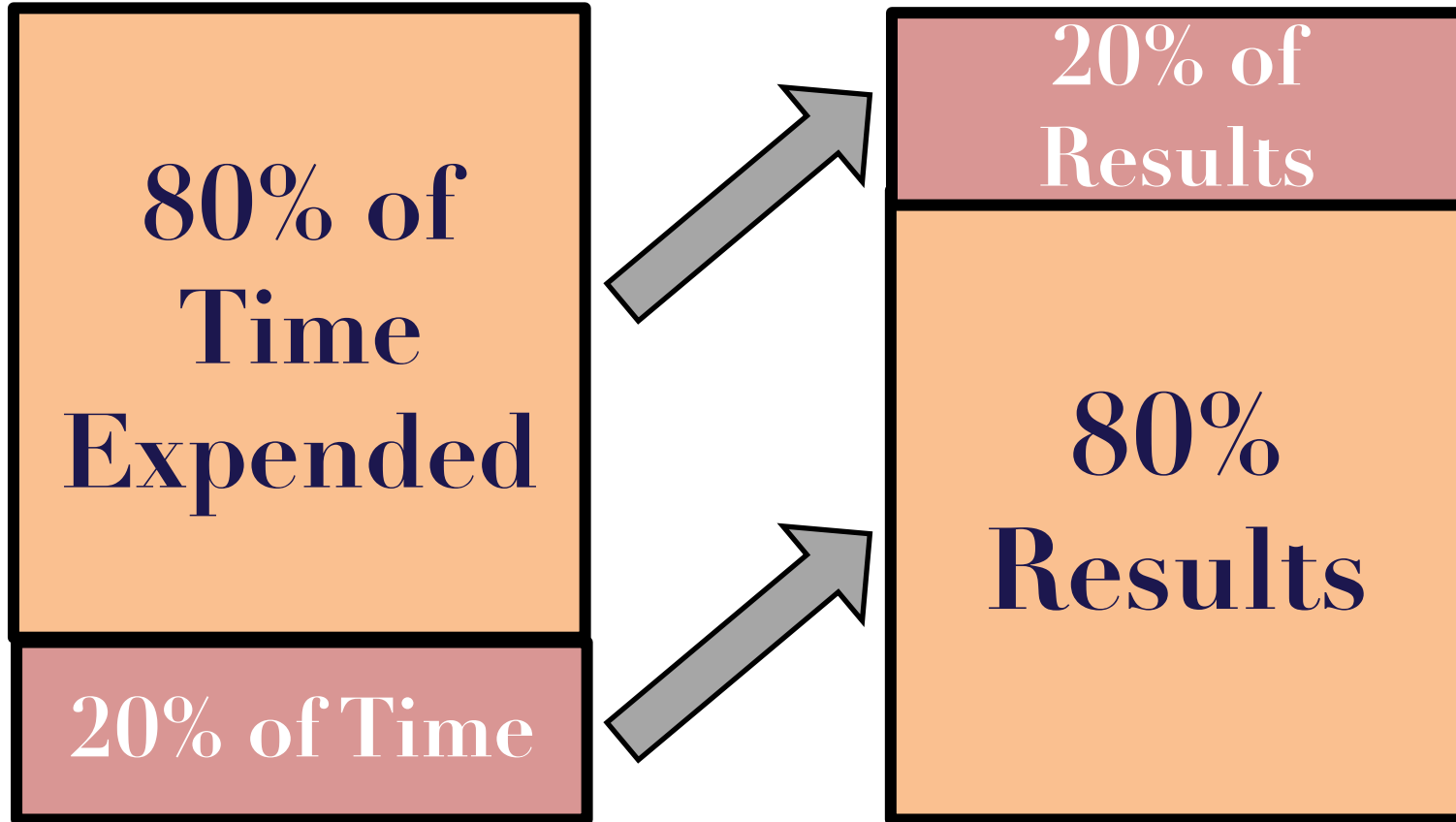
What did you learn so far?



2. Daily Thinking Time



ASPIRE

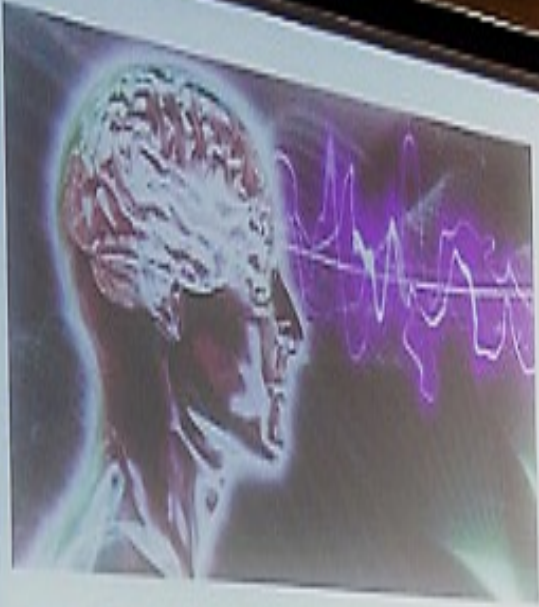




1. **Minimum 30 minutes thinking every day.**
2. **Big picture, goals, aspirations and dreams.**
3. **Do at the best time of day for you!**

Genius Time

- *What are my bigger picture goals and vision?*
- *Where am I on them?*
- *What is getting in the way?*
- *What can I do differently/better?*
- *What is the best use of my time today?*



Thoughts are the
architects of our destiny

the
aspire
foundation

We Create Our Tomorrow
By What We Dream Today

Have a no
excuses
mentality





What did you learn so far?

Your Energetic Bank Accounts

FULL

Where is
Your Balance?

EMPTY

Physical-Emotional-Spiritual

3. Be Energy
Efficient

Meet Your Happy Chemicals

Dopamine



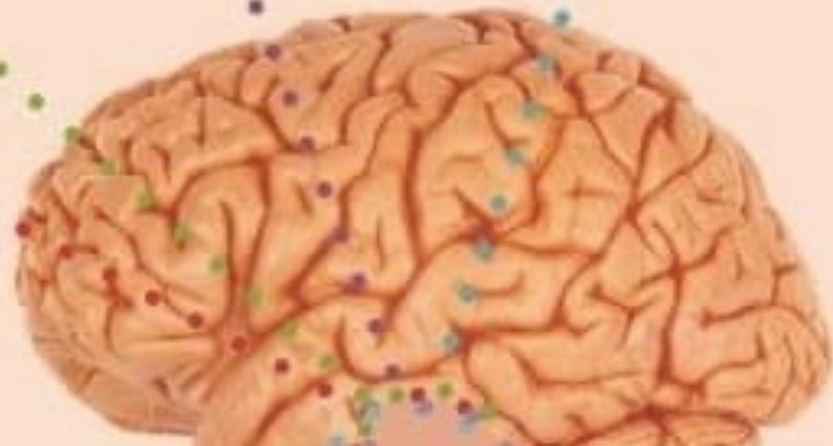
Serotonin



Oxytocin



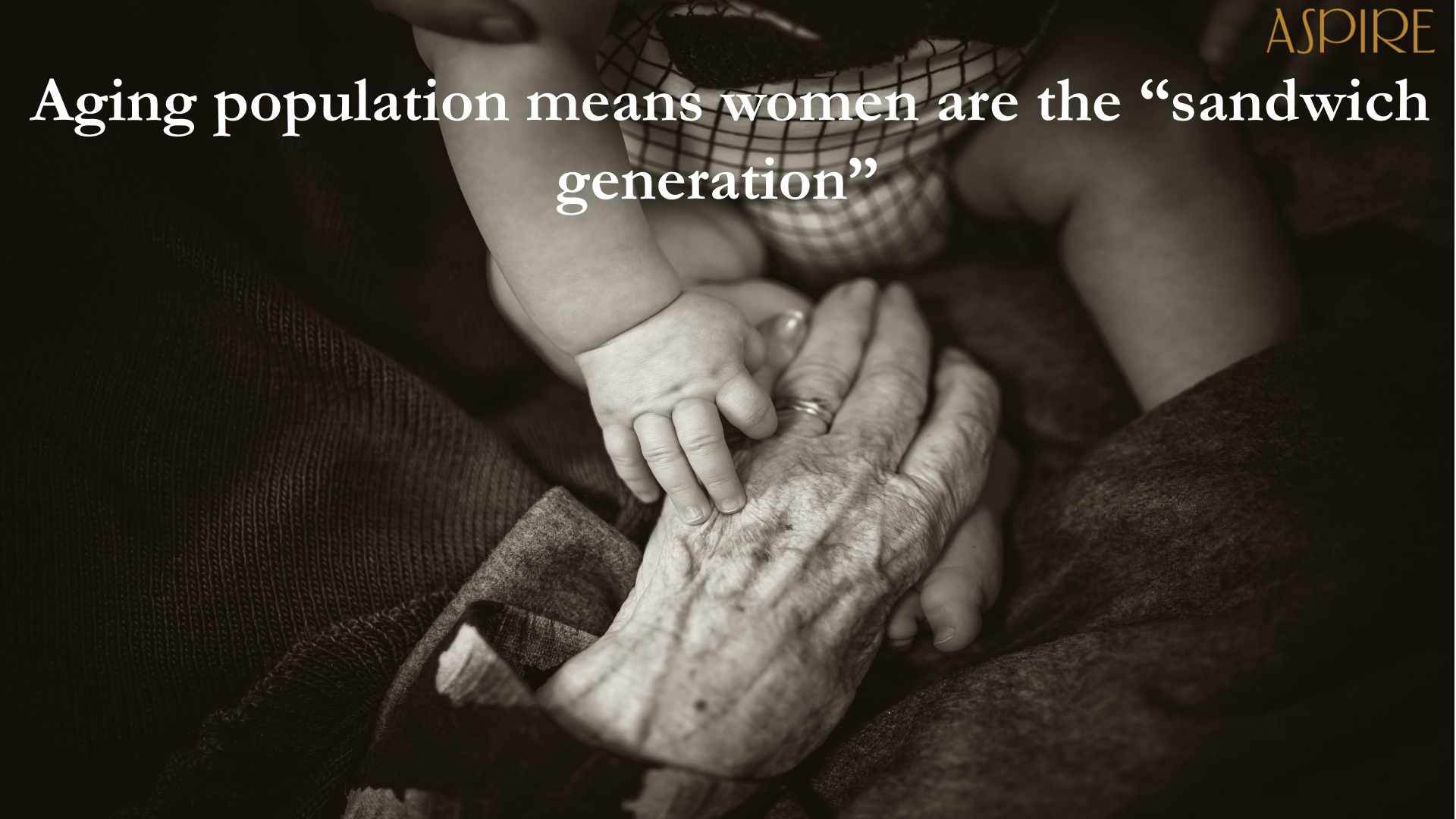
Endorphin



SELF
CARE
ISN'T
SELFISH



Aging population means women are the “sandwich generation”





Women are twice as likely as men to experience depression, anxiety and much more likely to battle eating disorders.

Pay inequity, caregiving responsibilities are higher for women.

Infertility, menopause, and postpartum depression also affect many.

Back into the office not suited to many women



Find your tribe and surround yourself
with extraordinary people







Have a 3:1 energy angel to vampire ratio



What did you learn so far?

4. Strengthen Your Yes

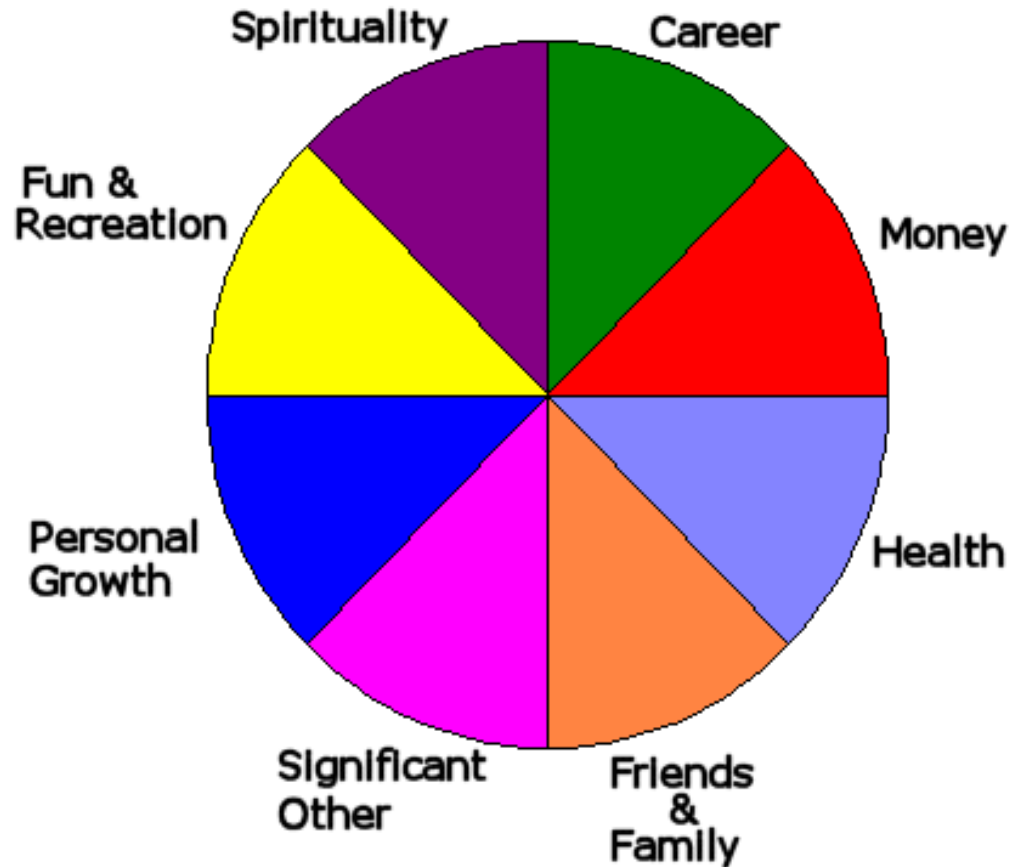


“Proof versus
potential”
Women must
work harder to
move up



Know Your Real Priorities

ASPIRE



80%

PSYCHOLOGY

20%

MECHANICS



Where must you say
YES?

Where must you say
NO?





What did you learn so far?



5. Daily Strategy

A person wearing a red beanie, a black puffy jacket, and a yellow backpack is hiking up a rocky, brownish mountain trail. In the background, a massive, jagged mountain peak with significant snow cover rises against a clear blue sky. The terrain is rugged with sparse vegetation.

"Extraordinary
results come from
taking ordinary steps
every day in the right
direction

- Grace Marshall



- Reconnect with your vision
- Give yourself a work start and end time
- Do something for you **FIRST** that makes **YOU** feel well
- Create a 'Not to Do' List
- Estimate time it takes to do things



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End of Event
Reflections &
Actions



Extraordinary results come from taking
ordinary steps every day
in the right direction

Baby Steps
Move Mountains

Level of commitment

WISH → HOPE → LIKE → TRY → WANT → COMMIT

Low level

High level

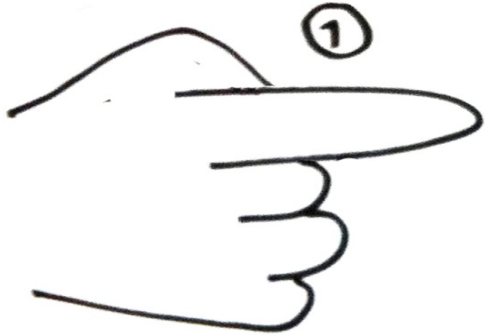
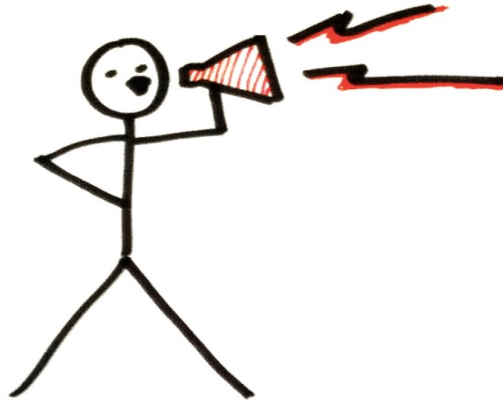
THE POWER OF HAVING AN ACCOUNTABILITY PARTNER



A young child with curly hair, wearing a white lace dress, is crawling on a sandy beach. The child is looking down at the sand, and their hands and feet are visible as they move. The background is a soft-focus view of the ocean and sky.

**What is the 1 most
important step you
must take post this
event?**

THE BENEFITS OF A PUBLIC COMMITMENT



①

ACCOUNTABILITY
DRIVES YOU

②



FRIENDS SUPPORT
YOU

③



WILLPOWER
URGES YOU

9KITCHENS

The Sisterhood Project

