

a s p i r e

A sunset scene with a road and a white arrow pointing forward. The sun is low on the horizon, casting a warm, golden glow over the sky and the landscape. The sky is filled with soft, wispy clouds. The road is a dark asphalt path that stretches from the bottom center towards the horizon. A large, white, hand-painted arrow is on the road, pointing directly towards the horizon. The arrow is slightly weathered and has a textured appearance. On either side of the road, there is lush green grass and some trees. The trees are silhouetted against the bright sky. The overall mood is one of hope, direction, and achievement.

STRATEGIC YOU

CREATING AND ACHIEVING YOUR VISION



- Find someone new
- Share your photo
- What impact do you want to create for them?
- 4 minutes each.



- Break 11am GMT for 20 mins.
- Lunch 1pm – 1.45pm GMT
- Break 3.30pm GMT for 20 minutes
- Workshop completes 5.30pm GMT
- Networking to 6.30pm

Permission



Your Agreements Today

“I am...and it is most important to me that we agree to...”

Groups of 6

Nominate a timekeeper

1 minute per person/6 minutes total

Shine Theory

A person's face is shown in profile, looking upwards. The face is partially obscured by a dense shower of golden sparks or glitter that is falling from above. The background is dark, and the overall lighting is warm and golden, creating a magical or ethereal atmosphere. The text "Shine Theory" is overlaid in a white, serif font.

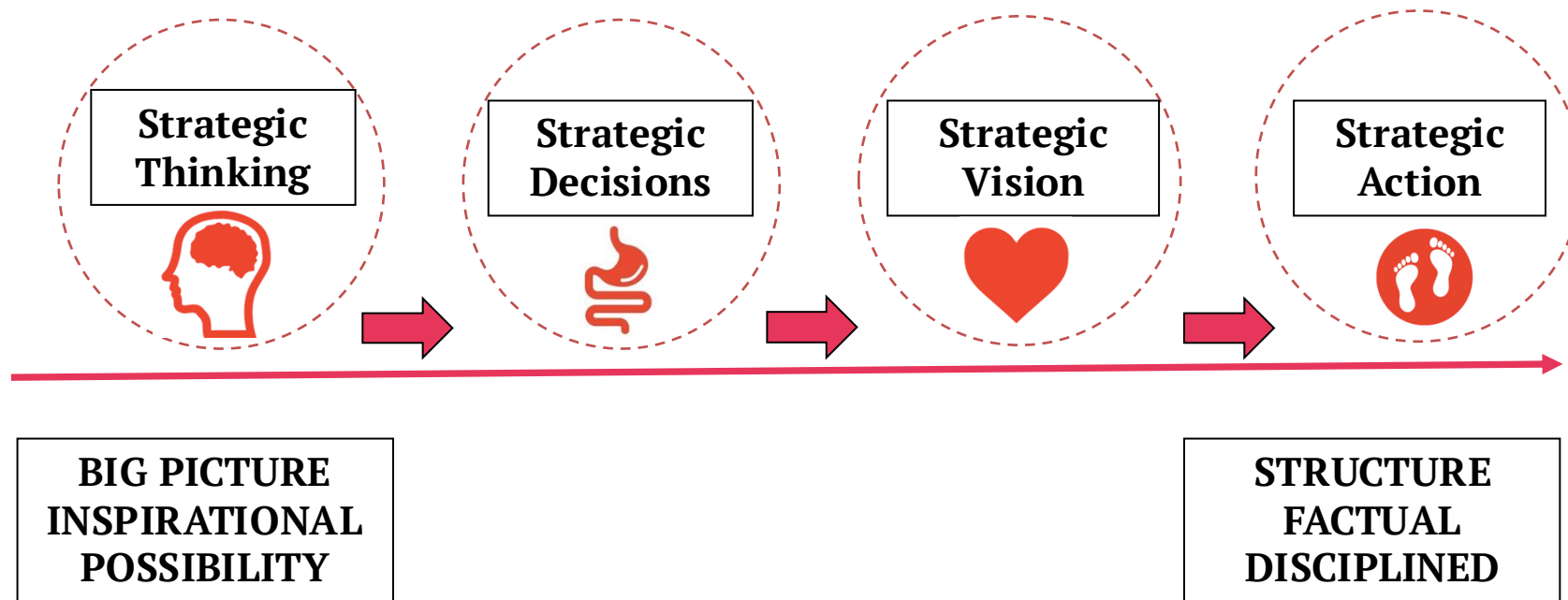


What is your goal
today?

Share with person next
to you.

3 minutes each.

The Aspire Strategic You Model





Strategic Thinking

- The mind and brain are two very different, but interconnected, entities.
- Your mind is responsible for how you think, feel, and choose. And your physical brain responds to it.
- This building of thoughts creates structural changes in the brain, called neuroplasticity.
- You can learn to develop optimum mind and thoughts.

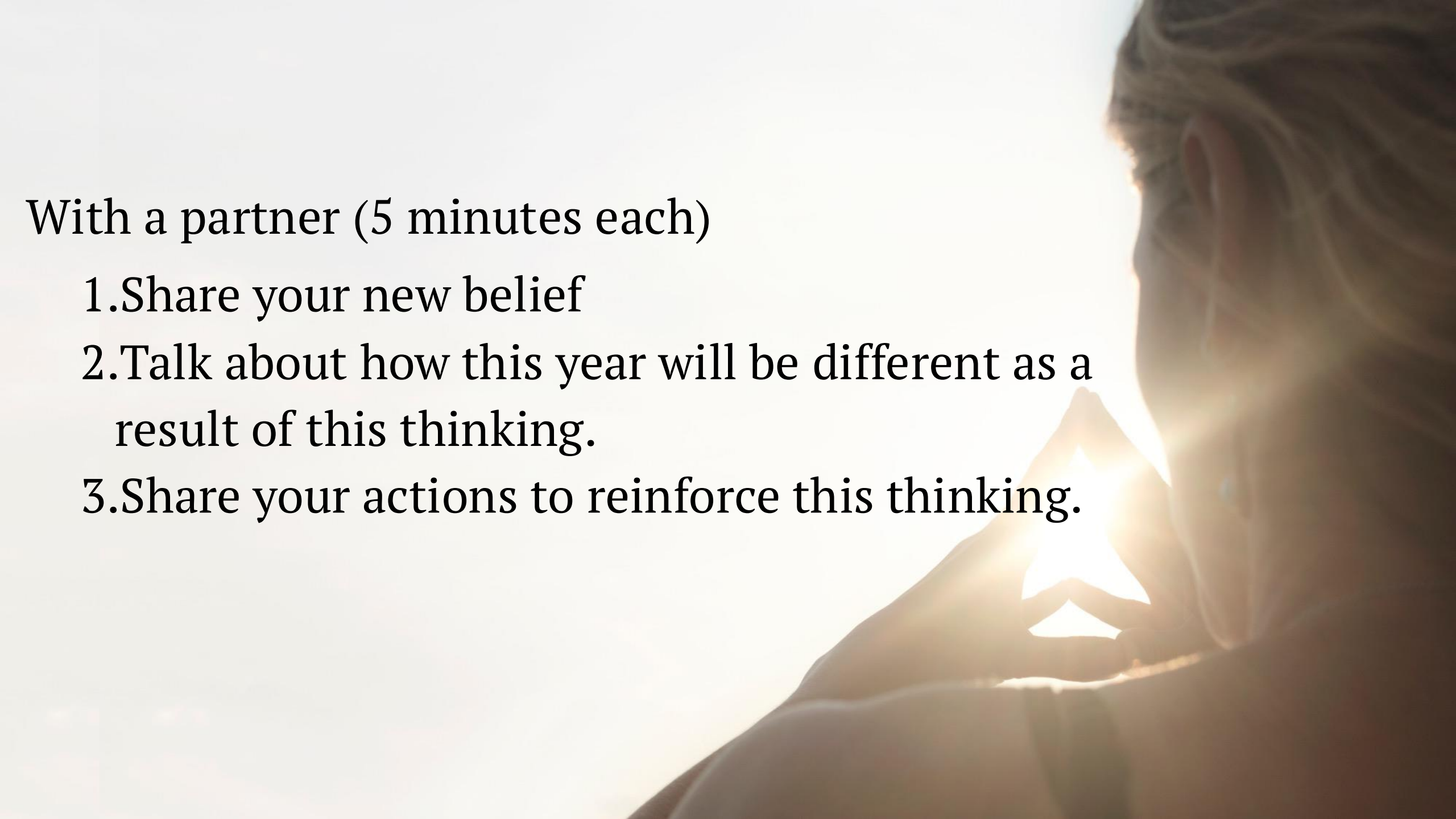


What is the job of the mind?

How is it helpful?

When can it hold us back?



A close-up, high-angle shot of a person's head and shoulders in profile, facing right. The person's hands are raised, with fingers pointing upwards, forming a triangular shape that frames a bright, glowing sun. The sun is positioned directly behind the hands, creating a strong backlight effect and casting a warm, golden light across the scene. The person's hair is dark and slightly tousled. The background is a soft, hazy sky, suggesting an outdoor setting during sunrise or sunset. The overall mood is contemplative and hopeful.

With a partner (5 minutes each)

1. Share your new belief

2. Talk about how this year will be different as a result of this thinking.

3. Share your actions to reinforce this thinking.

A vibrant image featuring a central sparkler with bright, multi-colored sparks (yellow, orange, red, and purple) radiating outwards. The background is dark, filled with numerous out-of-focus circular light spots in warm tones of pink, orange, and yellow, creating a bokeh effect. The text 'Learning points, actions, commitments' is overlaid in a white serif font, centered horizontally and partially overlapping the sparkler's lower section.

Learning points,
actions, commitments



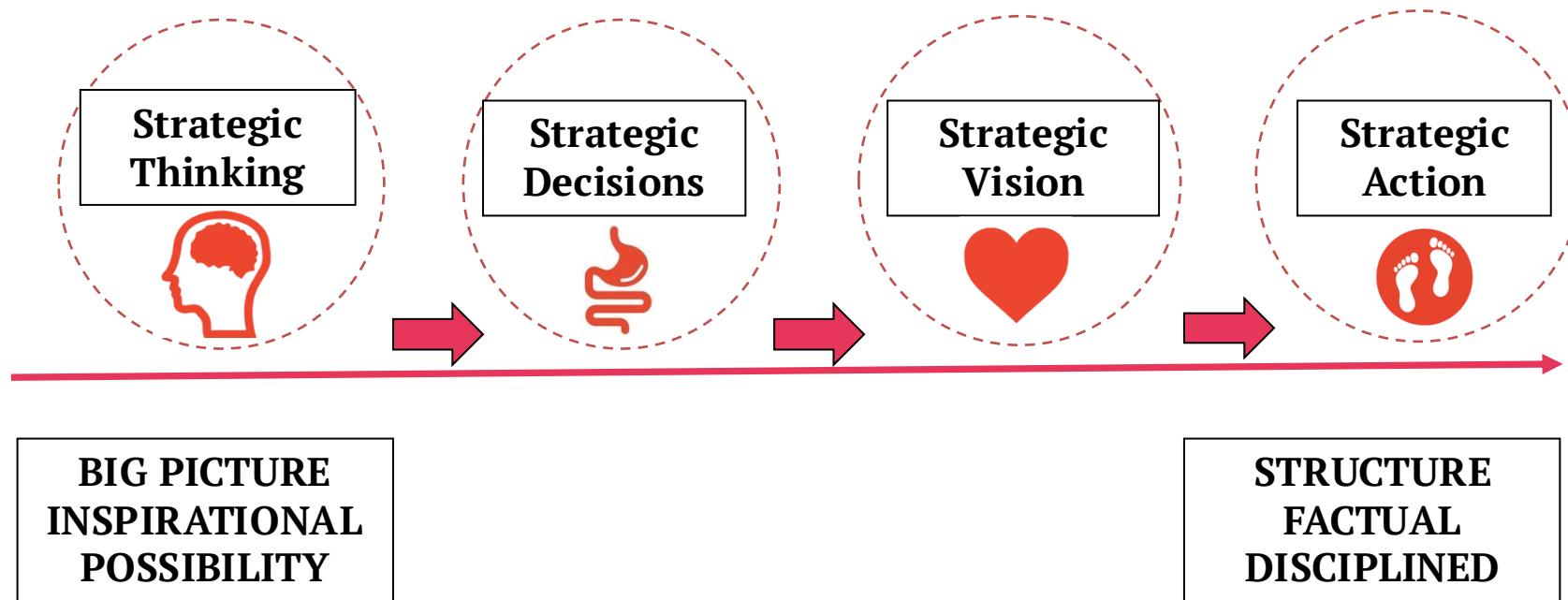
Join a new group.

Introduce yourself and
share “one thing I
learned so far”...

1 minute each = 6
minutes

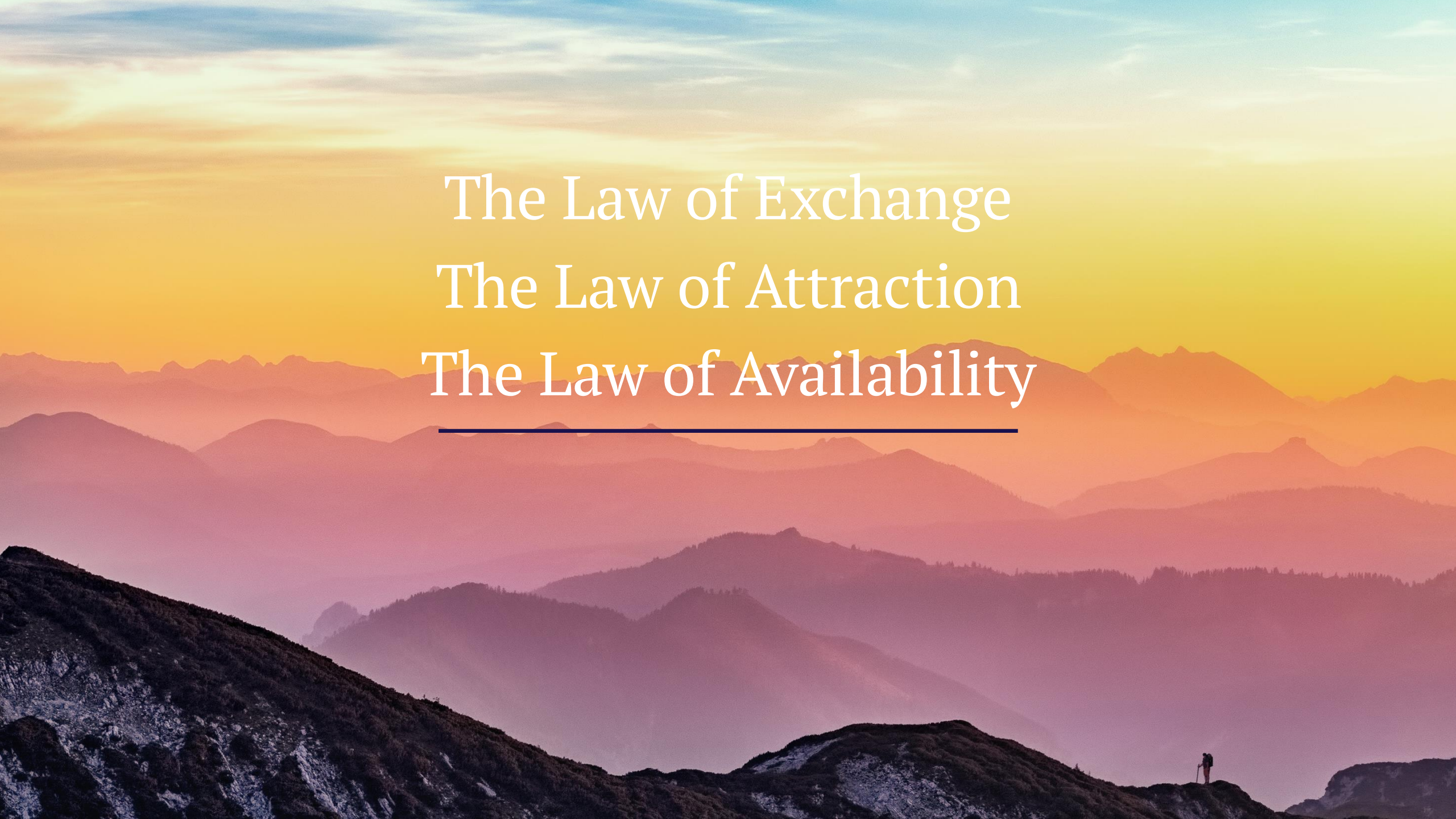


The Aspire Strategic You Model





- Intuition/gut feeling (good or bad/yes or no – raw and little information).
- Sensory awareness (more developed and detailed feeling/emotions/chills/visions).
- A sudden great idea/information or thought and you don't know where it come from.
- Inspirational feelings - out of blue creativity.
- Symbols, songs and signs.
- Meditation and mind journey.
- Automatic writing or drawing



The Law of Exchange
The Law of Attraction
The Law of Availability



“The Second Brain”

- We are made up of more bacteria than human cells, and the majority live in our gut.
- If you spread your gut out flat, it would cover the area of an entire tennis court.
- 70% of the body’s immune cells are found in the gut.
- 95% of serotonin resides in your gut.
- Mind and gut are so closely linked that some researchers believe they operate as one system, not two.



- 20 Minute Mind Journey
- Debrief afterwards 5 minutes each

LET YOUR
INTUITION
GUIDE YOU.

YOU ARE WHAT
YOU'VE BEEN
LOOKING FOR.

With a partner:

- What is 2023 the year of for you?
- Why is it a MUST that you achieve it?
- 5 minutes each.



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Learning points,
actions, commitments



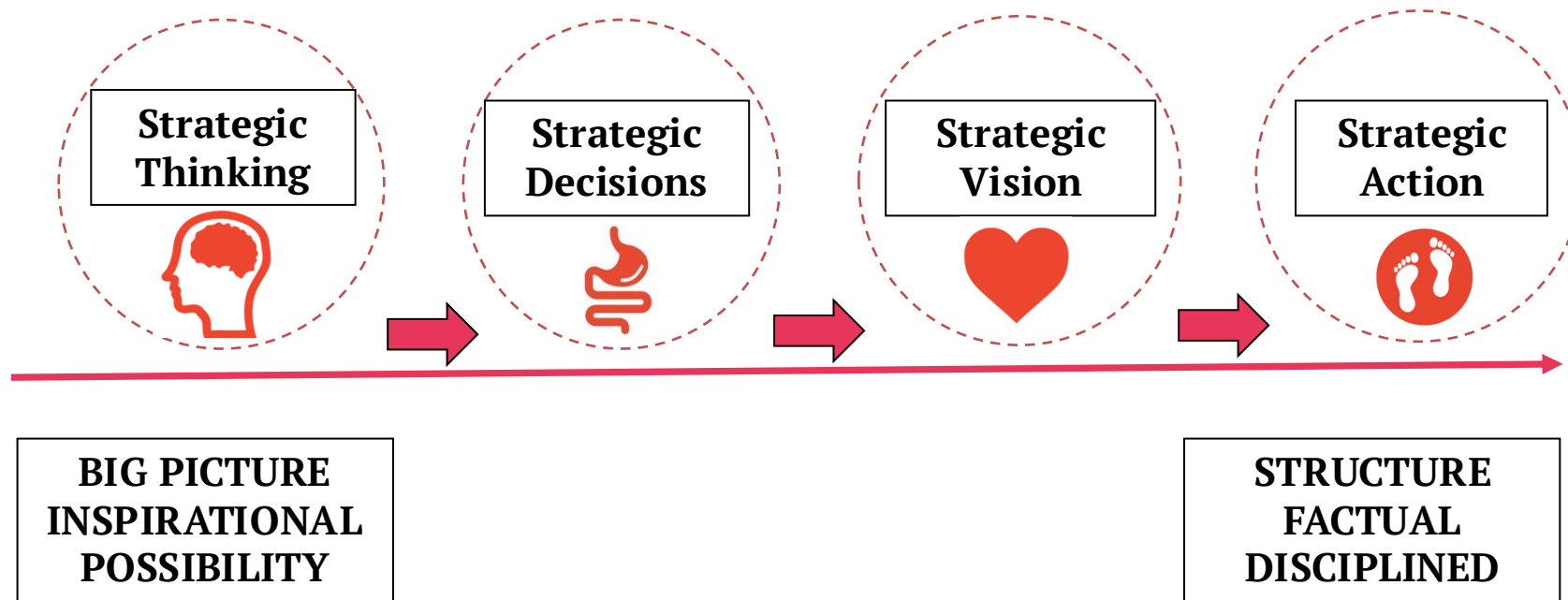
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The Aspire Strategic You Model





- Hearts and minds.
- An ideal picture of the future.
- Evokes excitement, inspiration and strength to go into the unknown.
- Provides a 'North Star' for direction.
- Visions are often compromised for the sake of having to have the exact path.
- One step at a time!

What you think, you become.
What you feel, you attract.
What you imagine, you create.

Buddha





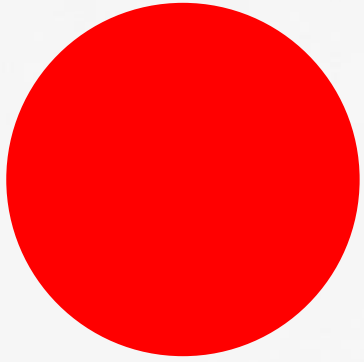


STAGES OF A WOMAN'S CAREER

Idealistic Achievement age 21 - 30

Pragmatic Endurance age 31 - 45

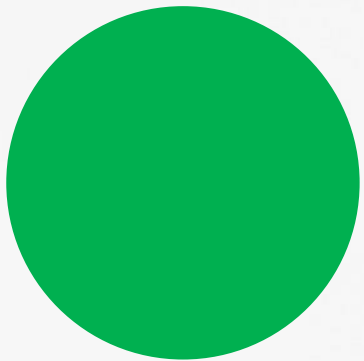
Reinventive Contribution age 46+



Probable future



Plausible future



Possible future



Step 1: Visualise the possible future.

Step 2: Quieten your probable and plausible thoughts.

Step 3: Trust the process and commit to baby steps.



- Creative writing session.
- Make notes or draw pictures after each question.
- Choose your single or multiple focus.





Step 1: Look over your notes, circle all the most important key words and phrases.

Step 2: Separate out the 'DO, BE, FOR SAKE OF'

The DO's

FUTURE ASPIRATIONS: Activities, projects, roles you want to **DO** in the future.

Narrow it down to the top 2/3 choices.

The BE's

VALUES/QUALITIES: Next, identify the values, qualities and principles that will want to be in the future (more intangible).

Narrow it down to the top 2/3 choices.

The FOR THE SAKE OF

MISSION/PURPOSE: What's the point? Why are you doing it? Why do you want it? The end game for yourself/others.

Choose the 1 - 2 most important ones.



My vision is:



To...(insert your top DO's).



Be....(insert your top BE's)



For the sake of.....



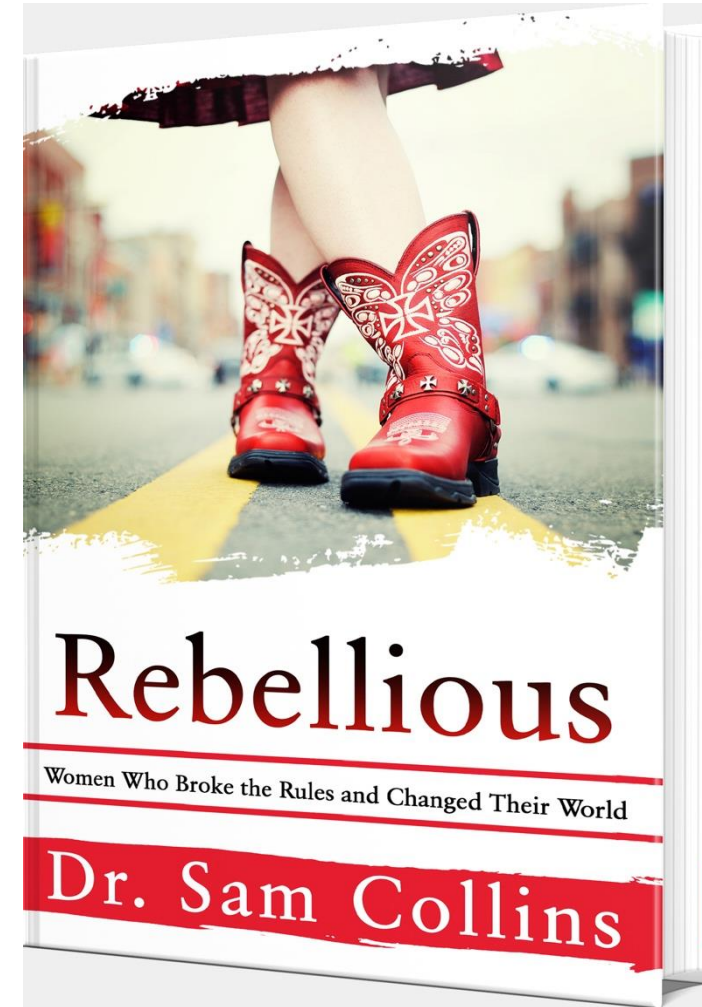
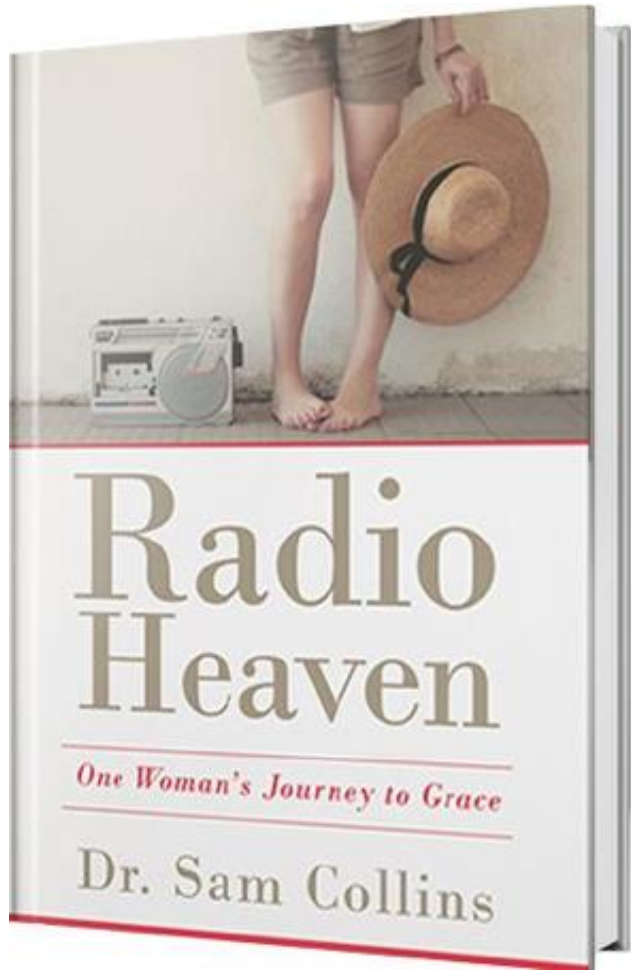
THE Vision TEST*

A stylized graphic of an eye in the background. The eye is light blue with a grey outline. Inside the eye, there are several thin, grey, curved lines radiating from the center, resembling a target or a vision field. The text 'THE Vision' is written in a large, green, bold, sans-serif font with a black outline. Below it, the word 'TEST' is written in a large, red, bold, sans-serif font with a blue outline. A small black asterisk is positioned to the right of the word 'TEST'.

Share with a partner
5 minutes each

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Learning points,
actions, commitments





TIME FOR

A BREAK

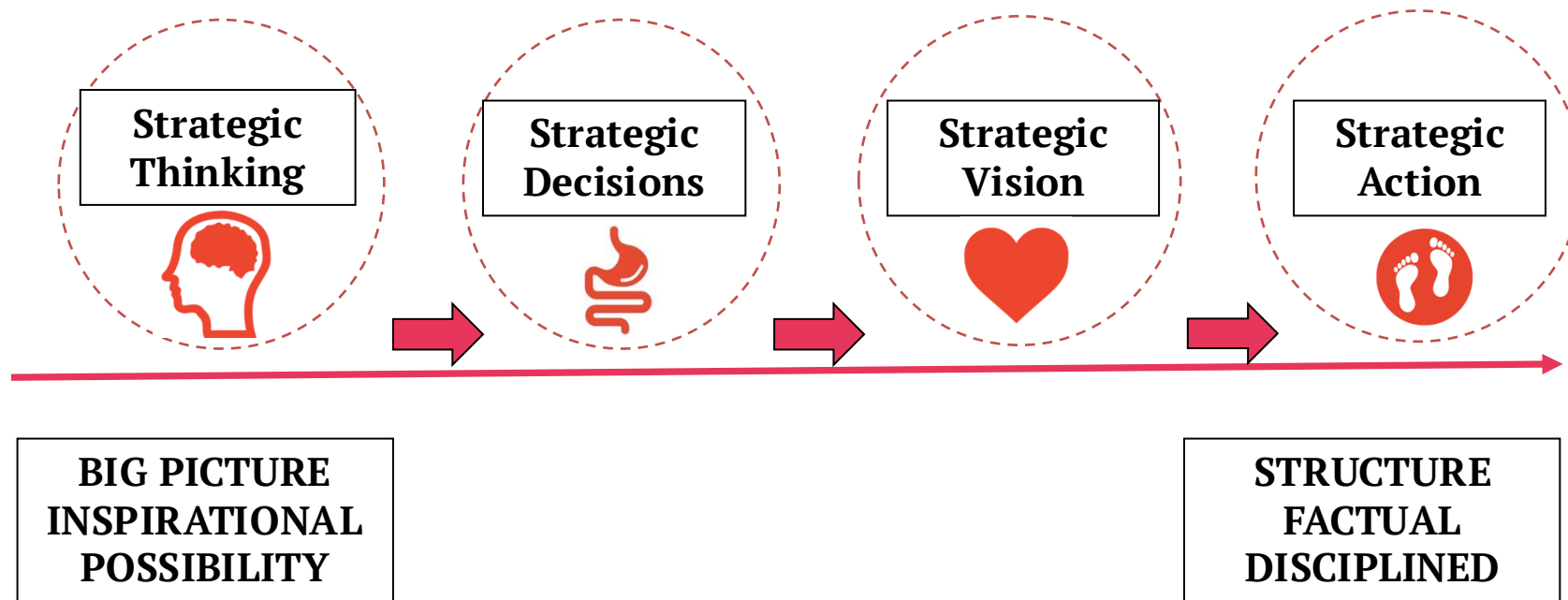
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The Aspire Strategic You Model





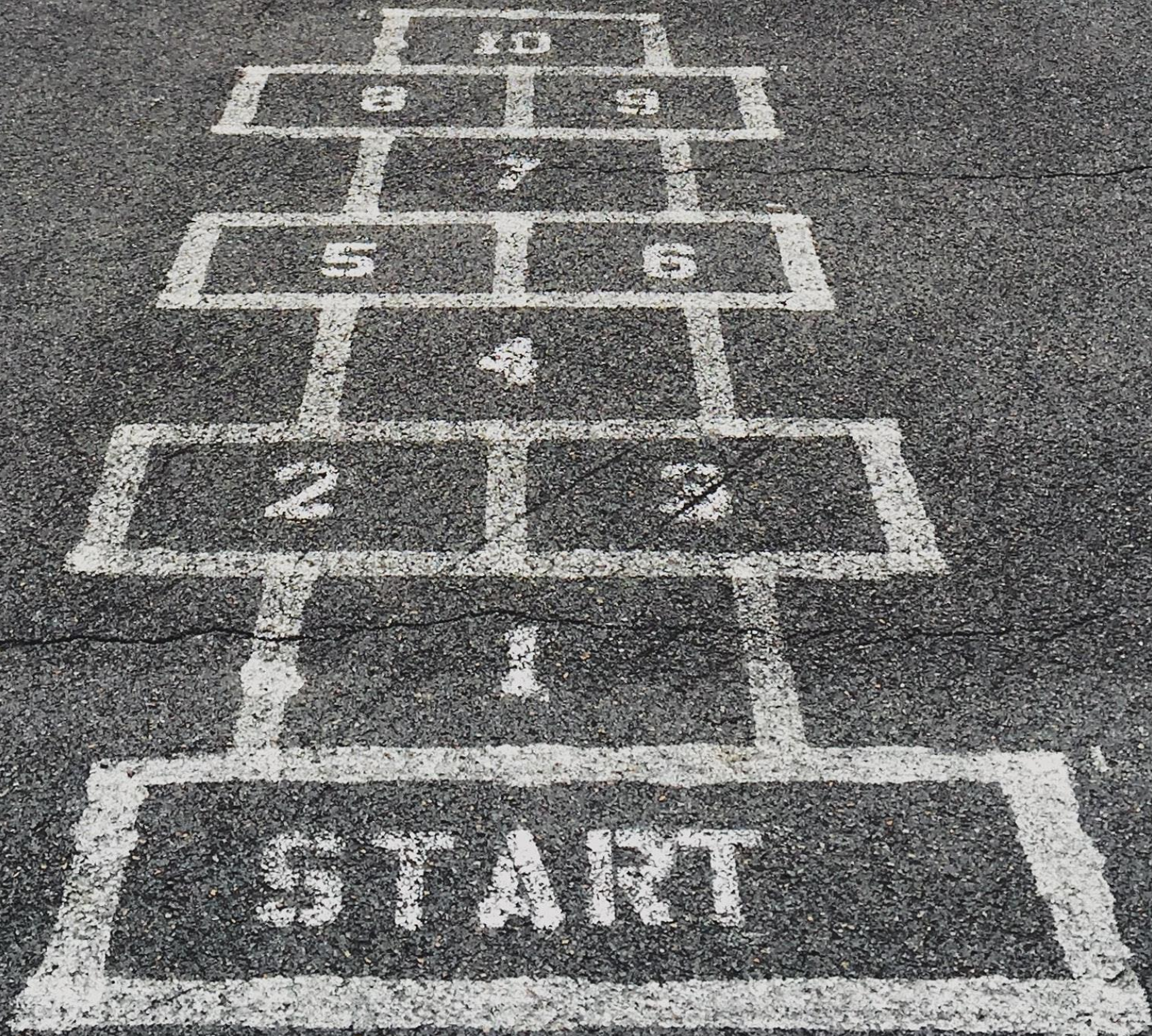
- Your 'next best move'.
- Busy but focused on the right things?
- Regular connection with the vision.
- Setting milestones and celebrating them.
- Developing a powerful YES and No.
- Staying on course and baby steps.

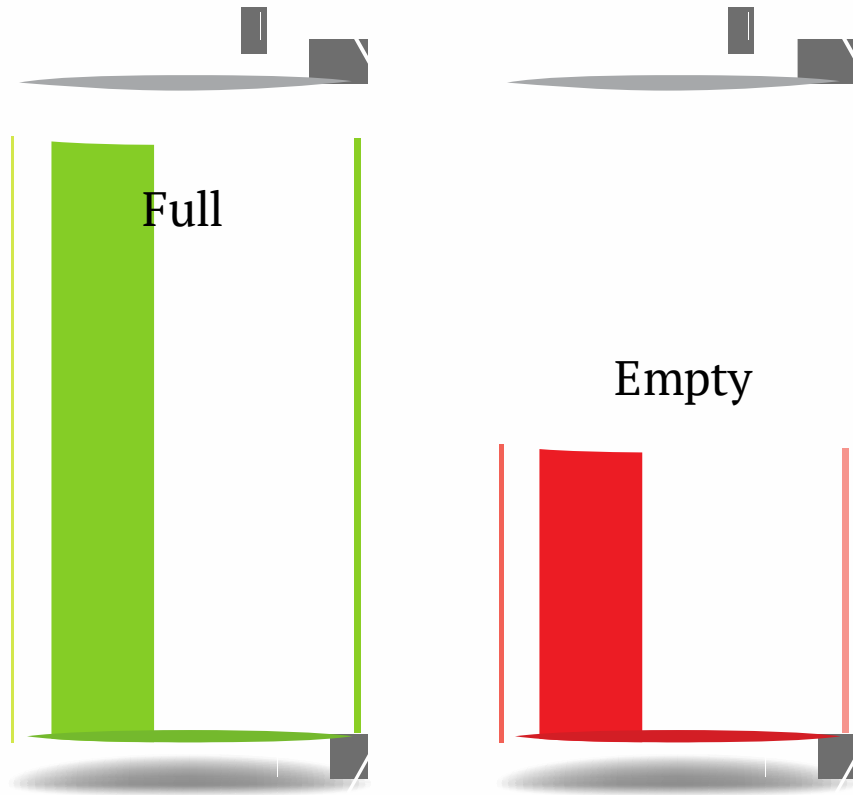


Action Brainstorm 'How about' Game

“I’d like ideas or help on...”

Groups of 4
5 Minutes per person.
(includes 1 minute to ask
and 4 minutes of receiving)





Your energetic
bank accounts

PHYSICAL
EMOTIONAL
SPIRITUAL



YES

NO

Tips for saying No.

1. Don't let it linger.
2. Don't over explain.
3. Don't apologise.
4. Offer a different solution.
5. Keep ego in check.





WISH → HOPE → LIKE → TRY → WANT → COMMIT

- 
- What is the 1 most important step you must take post today?
 - When will you take this step?
 - How will I know you have done it?

SELF



The Benefits of a Public Commitment

1. Accountability drives you
2. People support you
3. Willpower urges you

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