

**REMOVING
YOUR
ROADBLOCKS****PROGRAM OVERVIEW**

Our professional and personal success is tied to our ability to overcome obstacles and setbacks. Yet most of us never learn the skills and tools needed to help strengthen our resilience. Whether the challenges we face are external or ones we've created internally in our minds, we can learn to remove our roadblocks and move forward faster.

Our hybrid learning approach combines self-paced learning with live facilitated group discussions that help you dig deep and start applying what you learn on day 1.

**LEARNING OUTCOME****Decode Your Own Behavior**

Meaningful change starts from within. Without true awareness and deep understanding of our own strengths, weaknesses and mindset, lasting change can't take place.

**Build a Resilience Toolkit**

Gain scientifically proven interventions and approaches to manage setbacks and overcome the destructive negative thought patterns that hold you back.

**Achieve More**

Create a growth plan that takes into account your personal strengths and safeguards against self-sabotage so you can set goals and actively achieve more with greater ease.

“

“This training is amazing and powerful. I can't believe you pulled all this together. You will help so many people.”

-

Allison Gushee Molkenthin
Managing Director
Bently Associates

PROGRAM DETAILS

- 7-week course
- Mix of self-paced and virtual sessions
- Ideal for those looking for deep self awareness and/or working towards big goals

Contact Liana Slater for more information at 347-281-3998

