# LIFEWORK

When: Oct 2nd - Nov 20th, 2019
Where: wework, Richmond Street

## THE PROGRAM

Lifework is an eight-week, afterwork, holistic coaching program that is grounded in life coaching, elevated by experts. The program focuses on improving young professionals' overall well-being by workshoping the core domains of life that most challenge society and are highly influential on one's quality of life. The domains include: Professional and Personal Development, Personal Finance

## THE OUTCOME

The intent of the program is for all participants to walk away with a newfound grasp on life and to equip them with the tools necessary to live a life lead with enhanced (self) awareness, understanding and compassion.

# WHY

The Lifeworks program is built on the fundamental belief that self-awareness allows us to unlock our full potential which is a contiguous state of mind.

I see this program as an eligible program for (enter org name)'s professional development program, because I will learn a number of skills that will be directly transferable to my work-life and in turn, make me a better contributor, team member, manager and generally a stronger colleague. Below are the core skills the program is designed to help us attain and apply to work.

# SKILL'S I'LL LEARN

- Self-reflection and awareness skills
- Energy Leadership
- Enhanced understanding of my strength &
- Improved wellbeing

## **SELF-REFLECTION**

This program will equip me with learning tools to improve self-awareness and self-reflection to better identify how my actions, energy and presence can impact myself and my interaction with others. By participating in this program, I will become a better team member and leader in our organization from a position of raised consciousness around my actions and my ability to consistently monitor and alter my perspective from my team and/or client's point of view.

# UNDERSTANDING OF MY STRENGTHS & WEAKNESSES:

A large part of the program focuses on surfacing and optimizing my strengths. Coming away from this program, not only will I have an enhanced understanding of my strengths but also of my weaknesses - this will empower me to understand how to offer my strengths in as many areas as possible at (enter org's name) but also where to focus my attention to strengthen my weaknesses to make the most of my current role and position and opportunities ahead.

#### **ENERGY LEADERSHIP:**

I will learn about the power of Energy Leadership. Energy Leadership is the ability to consciously choose one's energetic presentation and influence over those around us to energetically see opportunities and solutions that surround us. As an energetic leader at (enter your orgs name) I could transfer the skills attained at lifework to help our team and entire organization reframe our mindset and viewpoint through the power of energy.

# **OVERALL WELLBEING**

Ultimately, I am interested in this program because I am feeling a deep openness to personal growth and a keen desire to learn strategies that will help me adopt and maintain a healthy outlook and behaviors. By focusing on my well being, I am confident I will be me more positive, engaged, productive and an all around better employee and ambassador of (organization name).