

FEEL GREAT AGAIN

A WORKSHOP FROM
THE PERSONAL LEADERSHIP
PROGRAM

FACILITATORS GUIDE

PERSONAL LEADERSHIP™
PROGRAM

CONCEPT 1

FINE LINE BETWEEN

FIRED UP AND

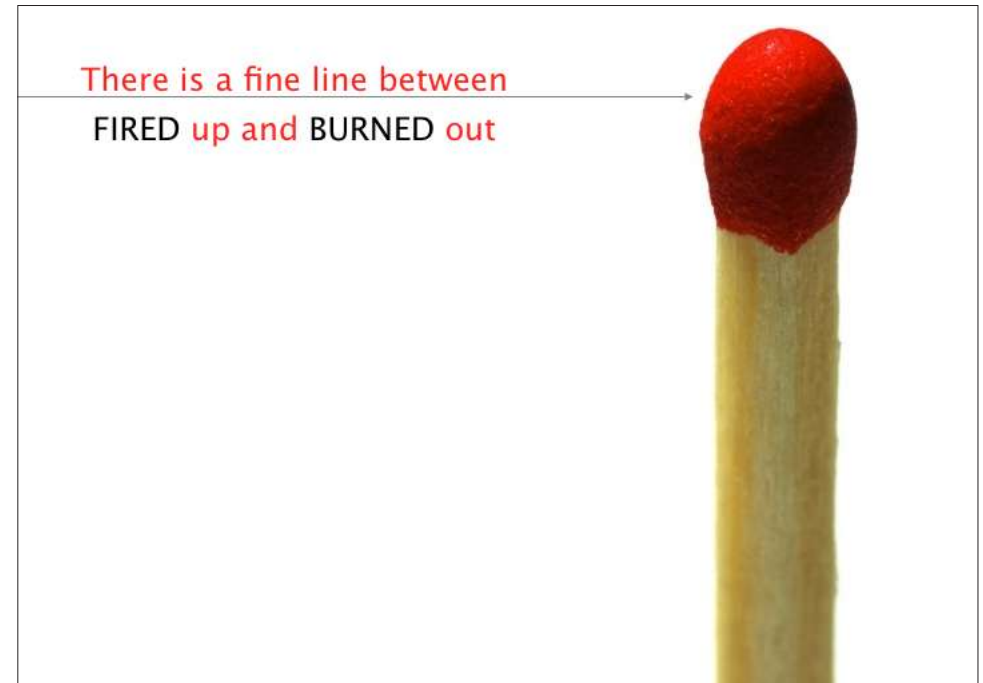
BURNED OUT!

Key Points

1. Being fired up may lead to being burned out.
2. The cry for balance is often simply a correction for the pursuit of high performance.

Suggestion for Discussion

1. Identify what it feels like to be fired up.
2. Identify what it feels like to be burned out.
3. Have a discussion about what we can do to stay fired up but not burned out.



NOTES

CONCEPT 2 IS **BALANCE** A MYTH?

Key Points

1. Is balance a worthy goal?
2. By bundling all elements of choice and freedom into the term Balance we diminish the understanding of team members needs and ambitions.
3. We may be making ambition and hard work a negative pursuit.

Suggestion for Discussion

1. Is balance a worthy goal?
 2. What does the word balance mean to you?
 3. Ask the group to share their meanings on balance. (Please note that if they are very different, you may wish to discuss)
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CONCEPT 3

WHAT **GOOD** ARE ANTIDEPRESSANTS

Key Points

1. Serve to help a percentage of the population.
2. Being used with kids.
3. A dramatic increase in sales over the last few years.
4. Maybe we could sleep, eat and exercise and in many cases not need them.

Suggestion for Discussion

1. Do you know anyone on antidepressants?
2. When do you reckon its OK to use antidepressants and other medications?
3. Who should control the use and prescription of medication? (A point needs to be made here about not going off medications without consultation with a medical professional)
4. Why do people take pills before they take a change in diet and lifestyle?
5. Where in our lives might we start to improve our diet and physical activity?



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CONCEPT 4

TWO TYPES OF

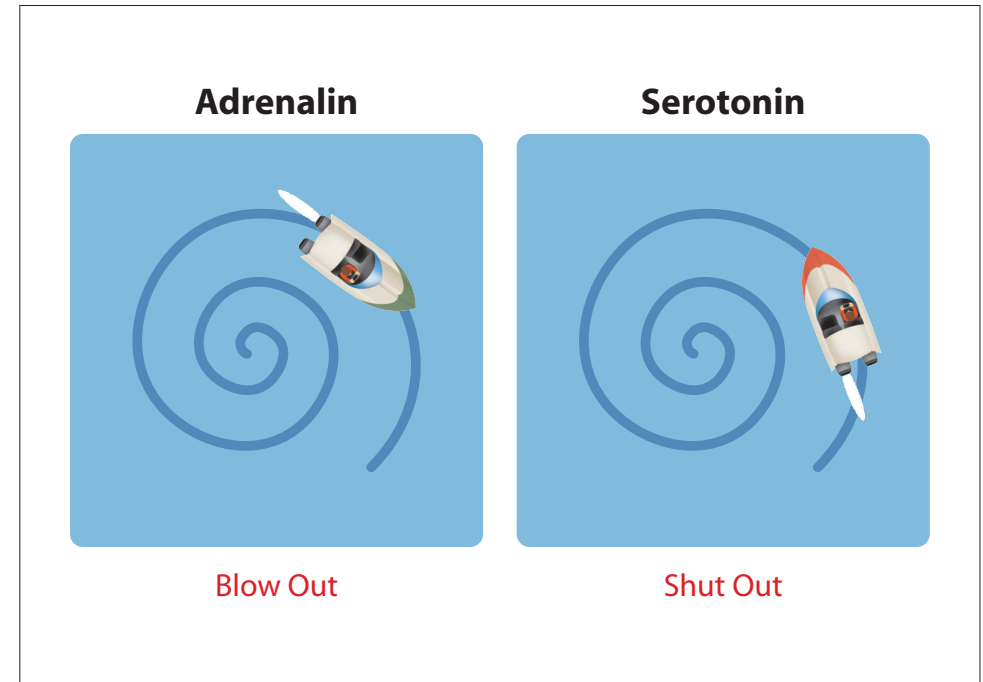
BURN OUT

Key Points

1. There are 2 types of burnout:
 - (a) One is the Blow out
 - (b) One is the Shut out
2. This happens when you rely too heavily on one of your two key drive platforms.

Suggestion for Discussion

1. Ask which type of burnout are you more likely to find yourself experiencing.
2. Have the group check in with their Adrenalin and Serotonin scores.
3. Have them discuss if they were high on Adrenalin did they also categorise themselves as a 'blow out' candidate?
4. If they were high on Serotonin did they also categorise themselves as a 'shut out' candidate?
5. Make two lists on that categorises the SHUT out and one that categorises the BLOW out.



NOTES

CONCEPT 5 PRESCRIPTION WITHOUT DIAGNOSIS IS MALPRACTICE

Key Points

1. Theory versus practice.
2. A risk in telling others what to do.
3. Greater risk of doing nothing.
4. Be responsible for your self.
5. Get medical advice.

Suggestion for Discussion

1. How do you feel about the difference between a theory and a practical suggestion?
2. What advice did you hear that you think may need to be taken under advice?
3. Where could you go to get more advice on the matter? (Suggest naturopath, GP, personal fitness trainer, nutritionalist)



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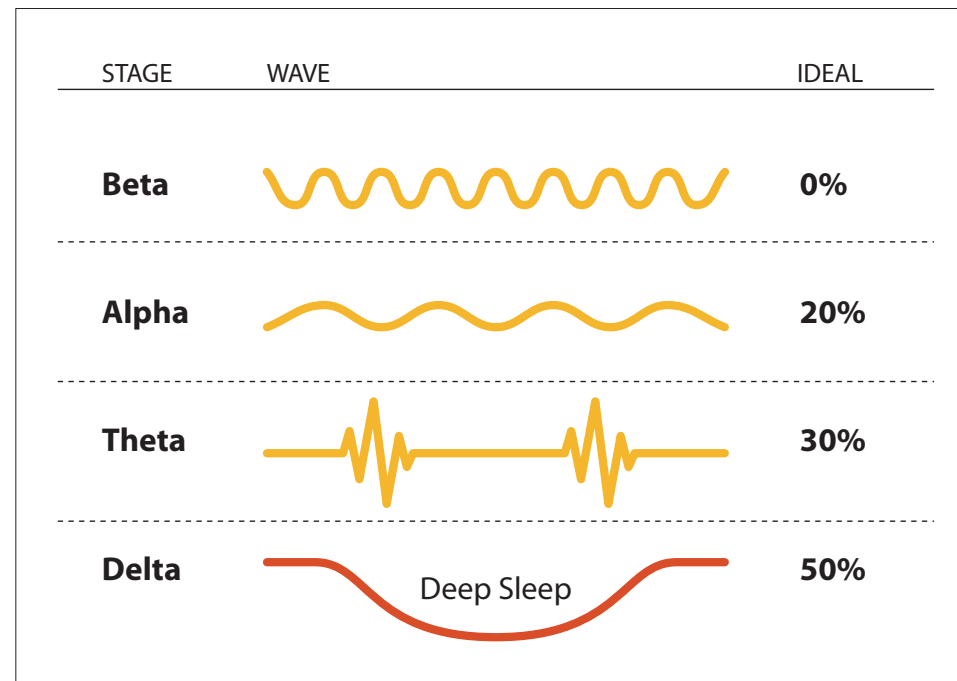
CONCEPT 6 IMPROVE YOUR SLEEP

Key Points

1. Delta sleep is the deep sleep that restores serotonin balance.
2. Should take approximately 20 minutes to fall asleep, you should stay asleep and just beat your alarm clock if you are getting enough delta sleep.
3. Drink more water. Sleep on bigger bed. Stay cool. Drink more water.

Suggestion for Discussion

1. What are you able to do to improve your sleep environment?
2. Do you wake up the middle of the night? If so do you go to the loo? Do you remember what Matt said this was about? (Answer: This is not about bladder, it is about temperature)
3. What can you do to drink more water?
4. What can you do to cut back on your caffeine?



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CONCEPT 7

EAT THE

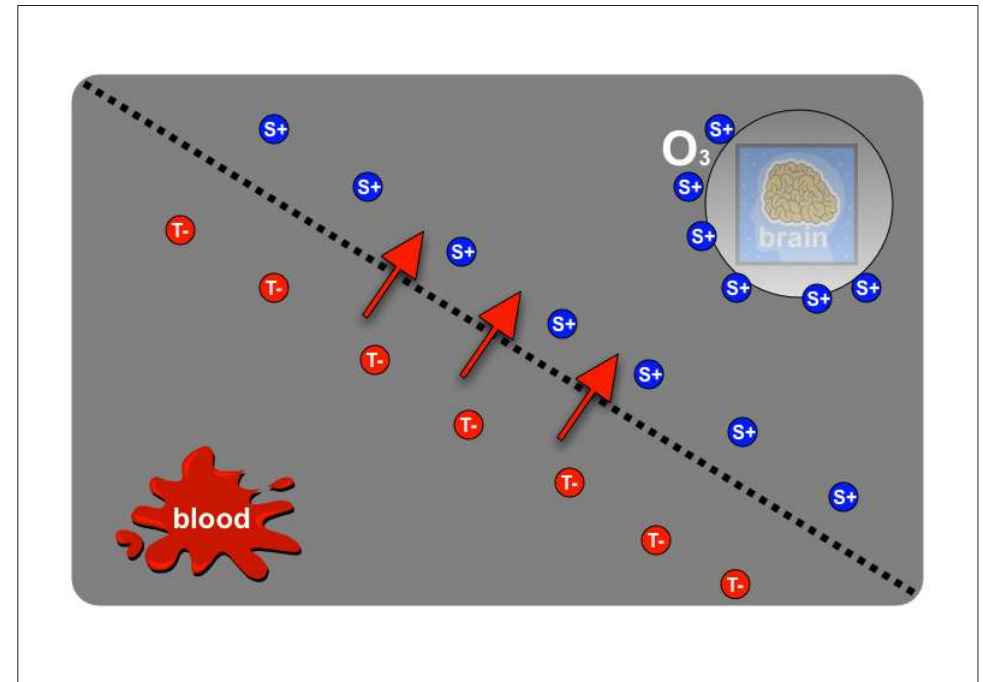
RIGHT FOODS

Key Points

1. Eat more meat, turkey and almonds as they are rich in tryptophan.
2. Eat more stinky fish as they have more Omega 3.
3. Have small doses of sugar (40 Grams) mid morning and mid afternoon.

Suggestion for Discussion

1. What foods are rich in tryptophan?
2. What foods are rich in Omega 3?
3. What are some examples of 40 gram doses of sugar?
4. What's the difference between a pure carbohydrate and one that is mixed with fat or protein?



NOTES

CONCEPT 8

OPTIMISM AND RESPONSIBILITY

Key Points

1. The essence of personal responsibility.
2. The essence of optimism.
3. Speed therapy questions.

Suggestion for Discussion

1. When have you been most optimistic in your life?
2. Where could you take greater responsibility for the good and bad in your life?
3. In the context of relationships what does "first date" mentality look like?
4. Ask individuals to identify where they experience frustration or disappointment with others right now? Now ask them to identify how that is a reflection of what they may be experiencing in themselves.



NOTES

CONCEPT 9 GET YOUR PRIORITIES STRAIGHT

Key Points

1. You don't have time for everything in life but you do have time for what's important.
2. You get what you expect, so what do you expect?
3. Take charge of your life. It's up to you.
4. The more (x) you have in your top 5 then the more 4's and 5's you would have on your chemical profile.

Suggestion for Discussion

1. Please connect to cards for a moment. Would you change any of your answers given the time that's lapsed since Matt spoke to us?
2. How did it feel when you had to place some of your priorities into the low pile? What do you think about that?
3. Who found it hard to come up with a list of 16 things? Why do you think that is?
4. Who had a (x) in their top 5? What realisation if any did you come to when you noticed that?



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CONCEPT 10

3 BIG BLOCKS

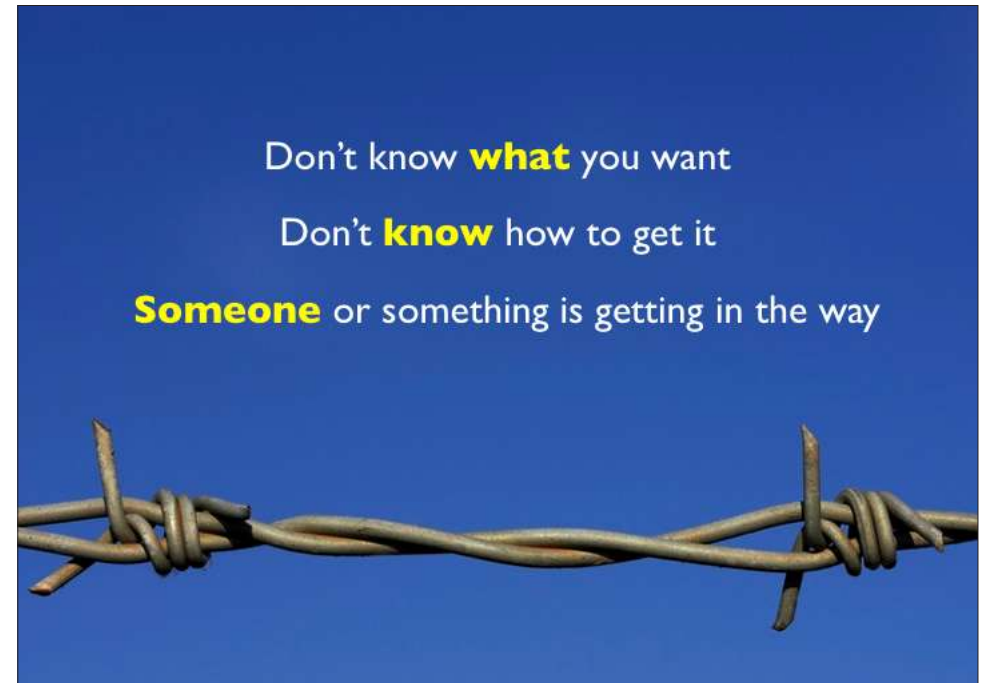
TO ACHIEVEMENT

Key Points

1. There are many things that act to stop you getting what you want in your life, and 3 very common ones.
 - (a) The first: You don't know what you want!
 - (b) The second: You know what you want but don't know how to get it!
 - (c) The third: Someone or something is getting the way!

Suggestion for Discussion

1. Do you know what you want? Tie this question back to the Priorities concept and the person who said that they could not come up with 16 things that were important to them.
2. Do you know how to get it? If they say no brainstorm with the group some suggestions.
3. Who do you see getting the way of you achieving your results. If someone is getting stuck on blame or victimisation reconnect them back to the discussion on "optimism and responsibility" concept 8.



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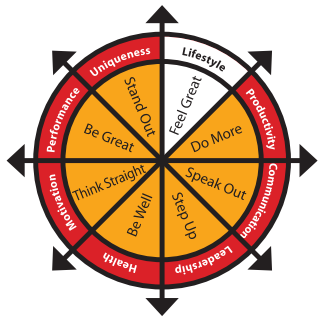
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