

SIMPLY INFLUENCING OURSELVES

HALF DAY – 8 PARTICIPANTS



“If you’re not conscious of it, you can’t control it.”
- Steve Brouggy, ex motorcycle racer -

‘Simply Influencing Ourselves’ is the most subtle, but perhaps the most profound, of F2F’s suite of programs.

The environments we choose, the people we mix with, the news and music we listen to, the food we eat, and the clothes we wear each day, all serve to influence us to greater or lesser degree. Every decision we make, moment to moment throughout the day, either strengthens and empowers us, or subtly undermines us.

While each of these influences is powerful in their own right, the most foundational influence of all is the thoughts we choose to think. The way we choose to talk to ourselves.

Purpose

‘Simply Influencing Ourselves’ aims to increase participants’ awareness of how we think about ourselves, our colleagues, our work and our lives; how those thoughts impact our power and performance; and how to challenge and take control of our thinking to improve our resilience, creativity, energy and productivity.

Process

The power of self talk	The wealth of evidence supporting how our thoughts impact our energy, focus, decision-making and overall effectiveness.
The Communications Triangle	<ul style="list-style-type: none">• Actively and empathically Listening to ourselves• Following a Questioning process to challenge our thinking.• And finding a creative but credible Reframe – alternative word or phrase.
The Change Agent	The need for both quantity and quality (emotional intensity) in changing what may be the mental habits of a lifetime.

Payoff

‘Simply Influencing Ourselves’ impacts participants’ physical and mental well-being, our professional and personal performance, and ultimately also the way we influence the people around us.