

CLARITY

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M2M



WHAT DOES PERSONAL GROWTH MEAN TO ME

AND HOW CAN I START THE PROCESS



- Adapting to Change – why it matters and how to do it?
- 5 strategies to rewire your brain for success
- Why is your MOJO important and how you can get your MOJO back if you have lost it!

WHO AM I

?

PROFESSIONALLY





PERSONALLY

ADAPTING TO CHANGE

WHY IT MATTERS AND HOW TO DO IT



POLL QUESTION #1

How do you feel about change in general?

“You can’t
control your
thoughts and
feelings, but you
can control
your response.”

Susan David,
Ph.D.



MAKE A
START

What does change
mean to me?

EDUCATE
YOURSELF

Why is it important
for me to understand
change?

TAKE
CONTROL

How do I manage
change in my life?

I want to know
more about how
to stay
motivated.

I'd like to know
more about how
to overcome
procrastination.

LET'S CHAT

How to become
friends with
change?

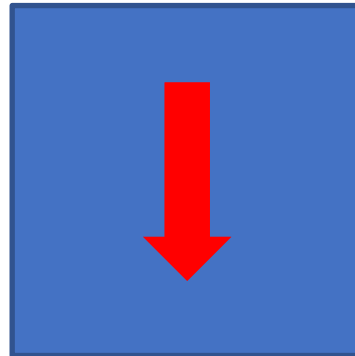
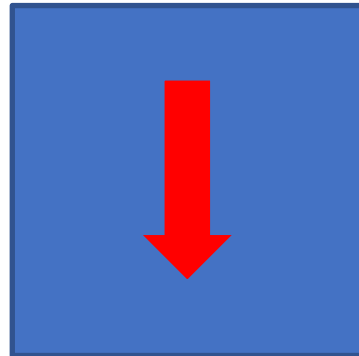
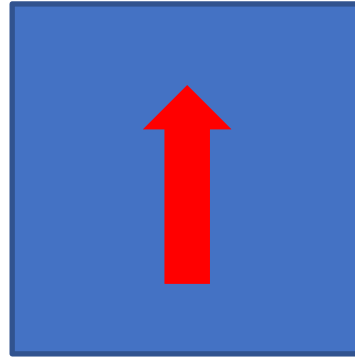
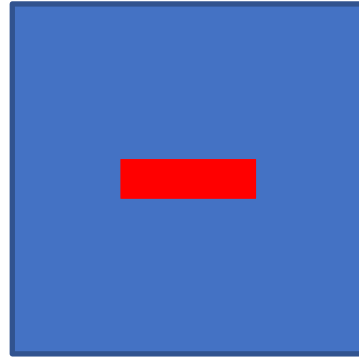
How can I make
decision making
painless?

Can you show
me some tools
on how to be a
better
communicator.

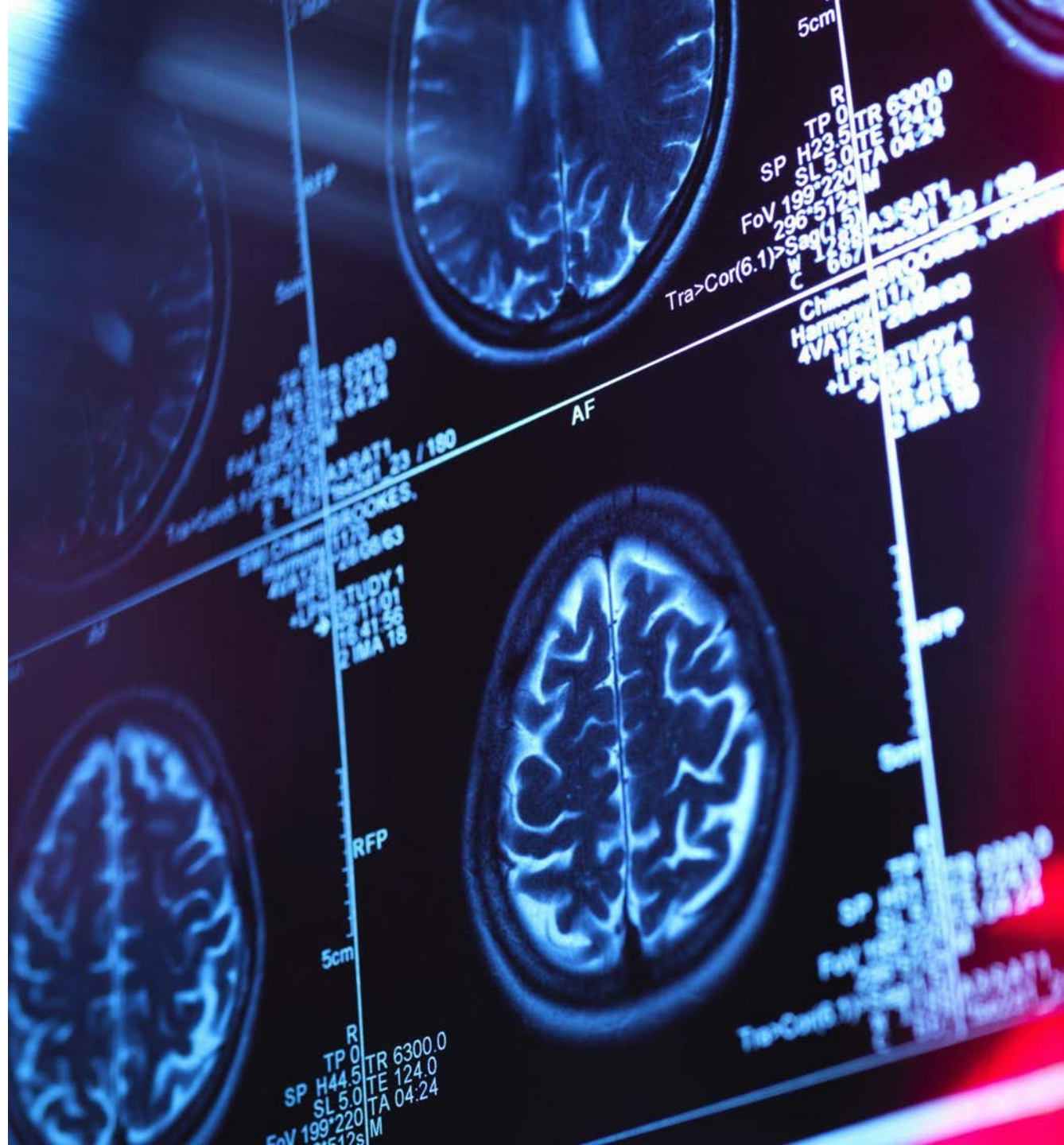
MANAGING EXPECTATIONS

Standards

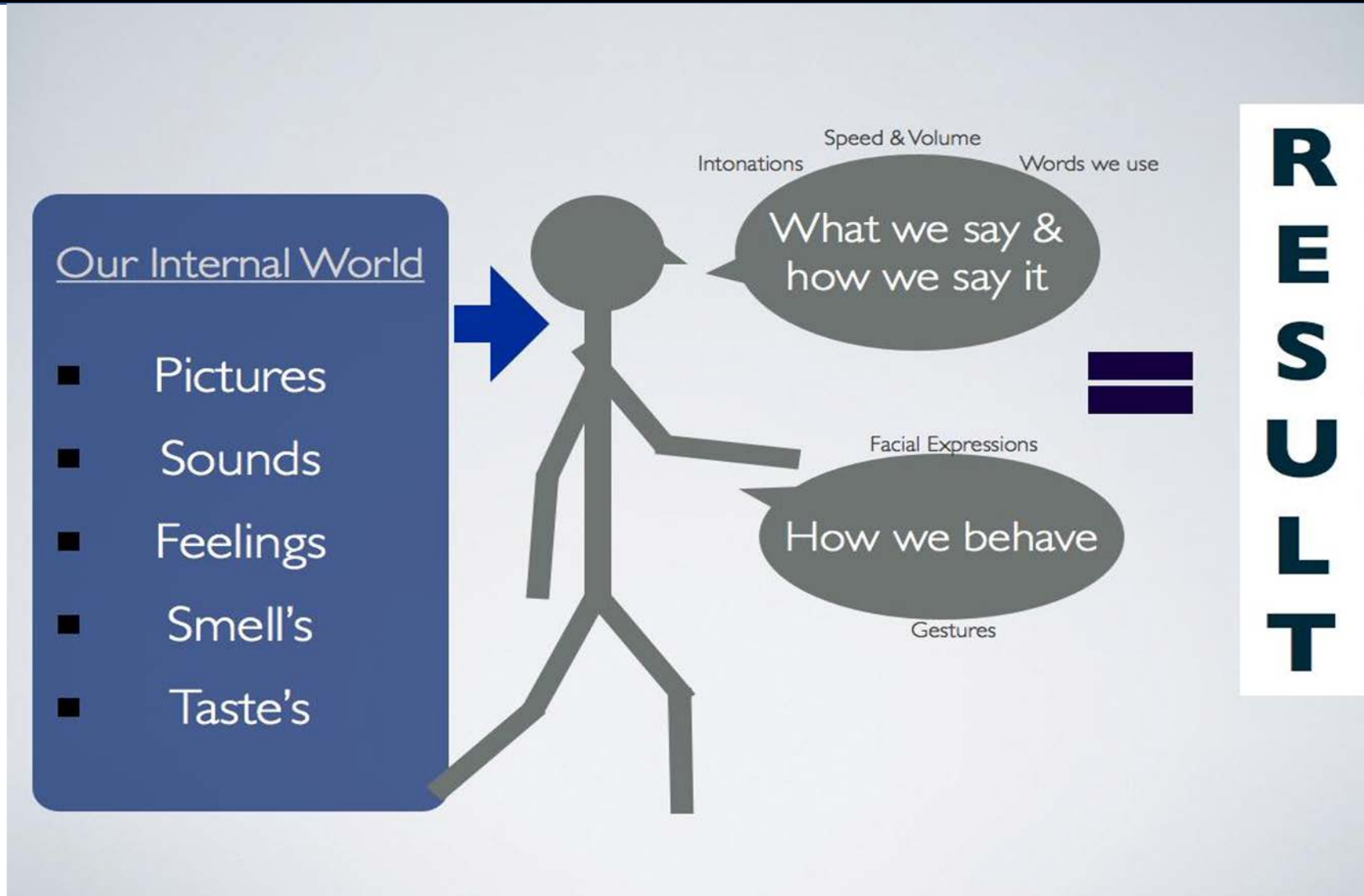
Extras



YOUR BRAIN



RAS – THE GATEKEEPER OF YOUR MIND



5 STRATEGIES

TO REWIRE YOUR BRAIN FOR SUCCESS

UNDERSTANDING SELF



SELF COMPASSION

I am enough



SELF AWARENESS

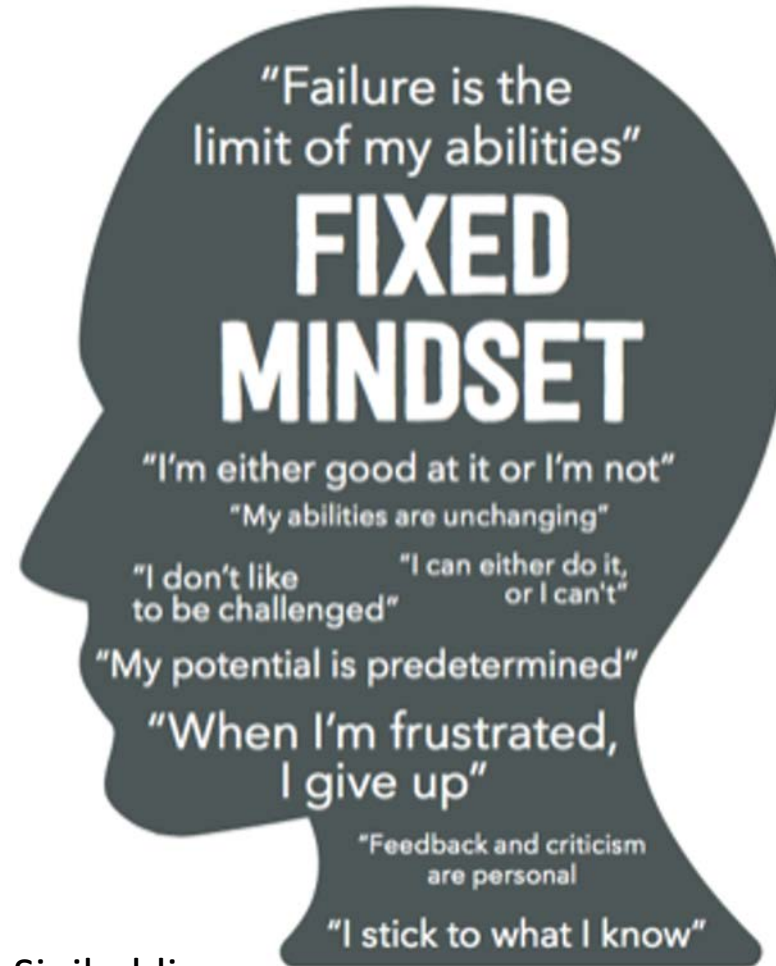
*I know and accept
who I am*



SELF RESPONSIBILITY

*I am responsible for how
I live my life*

MINDSET APPROACH



Credit: Fabio Sinibaldi

SELF BELIEF

OVERCOMING IMPOSTOR SYNDROME



SOLOLIST



**NATURAL
GENIUS**



PERFECTIONIST



**SUPER
WOMAN**



EXPERT

UNDERSTANDING YOUR BIAS



CONFIRMATION BIAS

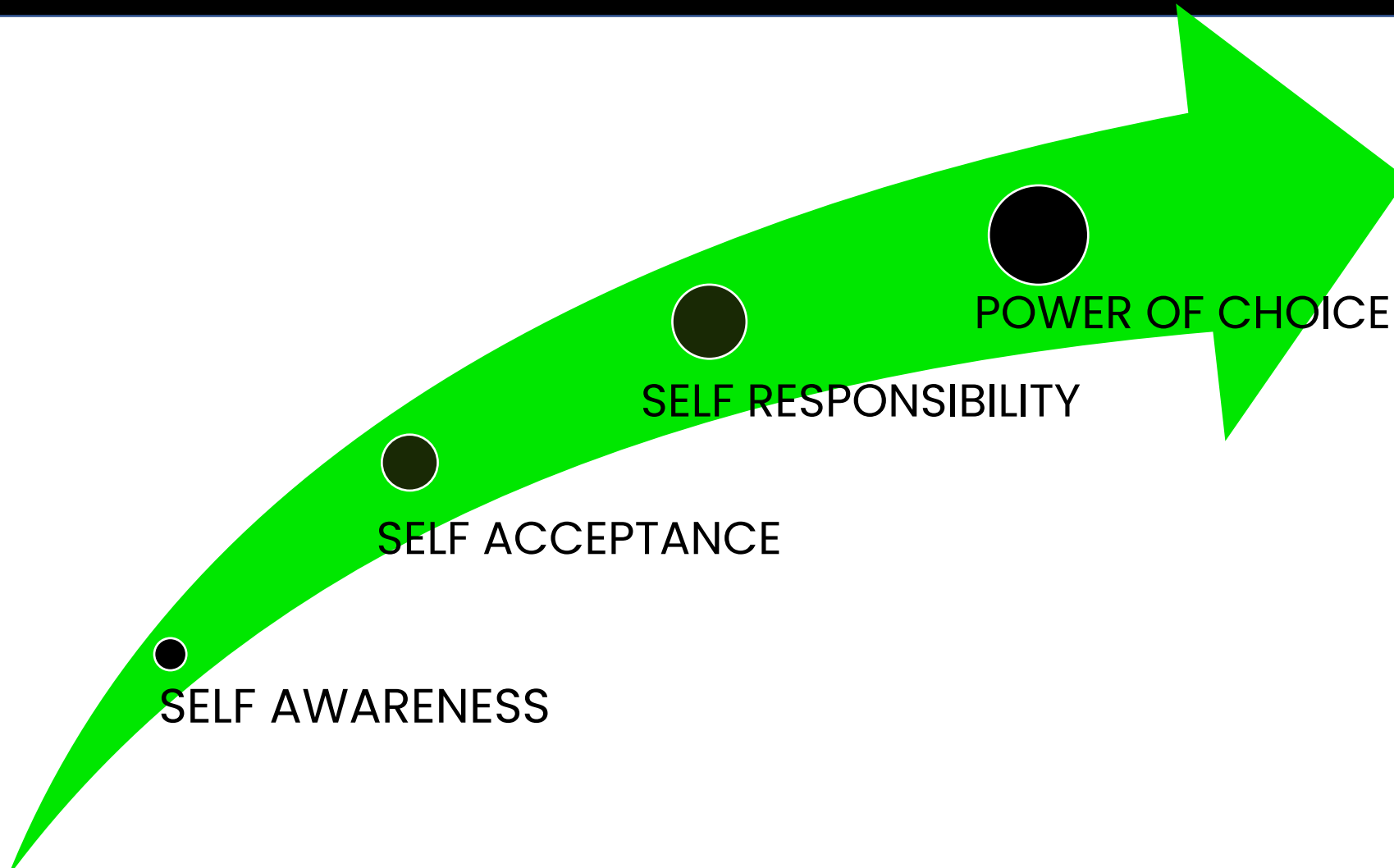


AVAILABILITY BIAS



CURSE OF KNOWLEDGE

DECISION MAKING



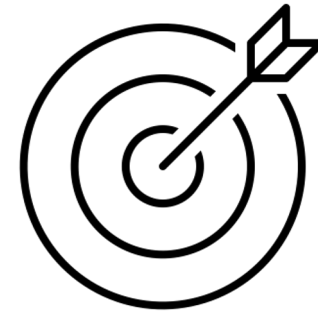
DECISION MAKING



→ **THINK**



→ **FEEL**



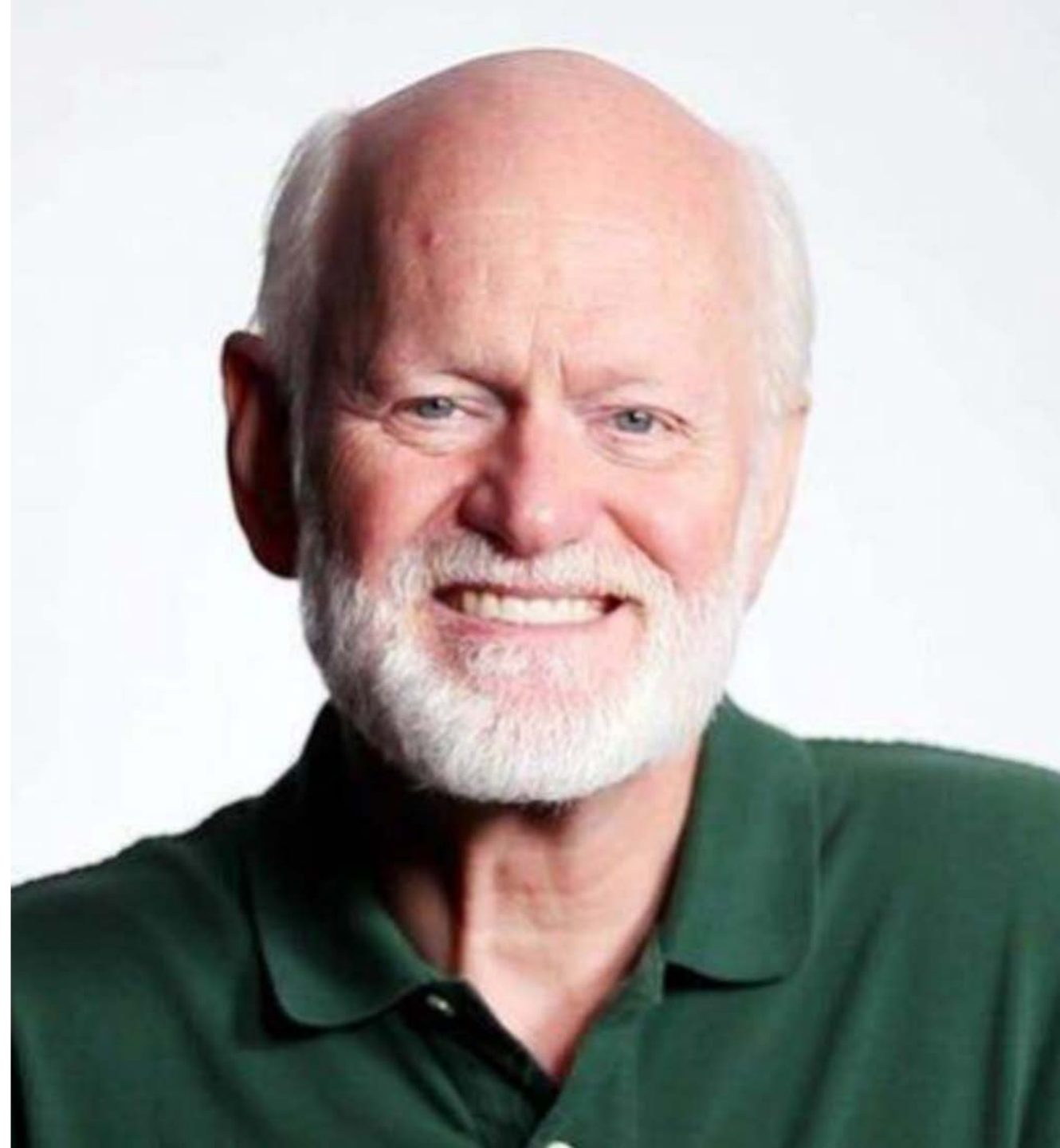
→ **KNOW** →

POLL QUESTION #2

What do you think you are?

“Mojo is, that
positive spirit
toward what we
are doing now, that
starts from the
inside and radiates
to the outside”

Marshall Goldsmith



MOJO vs. NOJO

**WHY IS YOUR MOJO IMPORTANT AND HOW YOU
CAN GET YOUR MOJO BACK IF YOU HAVE LOST IT**



WHAT IS MOJO?



ENERGY = ACTION + MOTIVATION



SOULPANCAKE

5 STRATEGIES

TO GET YOUR MOJO BACK



5 BENEFITS AND FEELINGS



MINDSET TECHNIQUE



QUALITY MOJO TIME



KNOW YOUR PRIORITIES



KNOW YOUR NOJO

Q&A TIME

STRATEGY

Create an action plan to leverage your strengths, define your objectives, and create a pathway to professional and personal success.

DATE: Wednesday 16 February 2022

TIME: 10am – 12pm

TO REGISTER: <https://lnkd.in/gFkHh3wq>

THANK
YOU





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M2M

move to more