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Serious About Happiness

■ VIDEOS!!!!1



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Sustainability – The Inside Job

Presented by

Paul Harris & Jules Mitchell

www.real-success.co.uk

www.jules-mitchell.co.uk

Introductions





- **Paul Harris**

Communication Specialist, Executive Coach, Team Facilitator

“Success is one way – Your way”

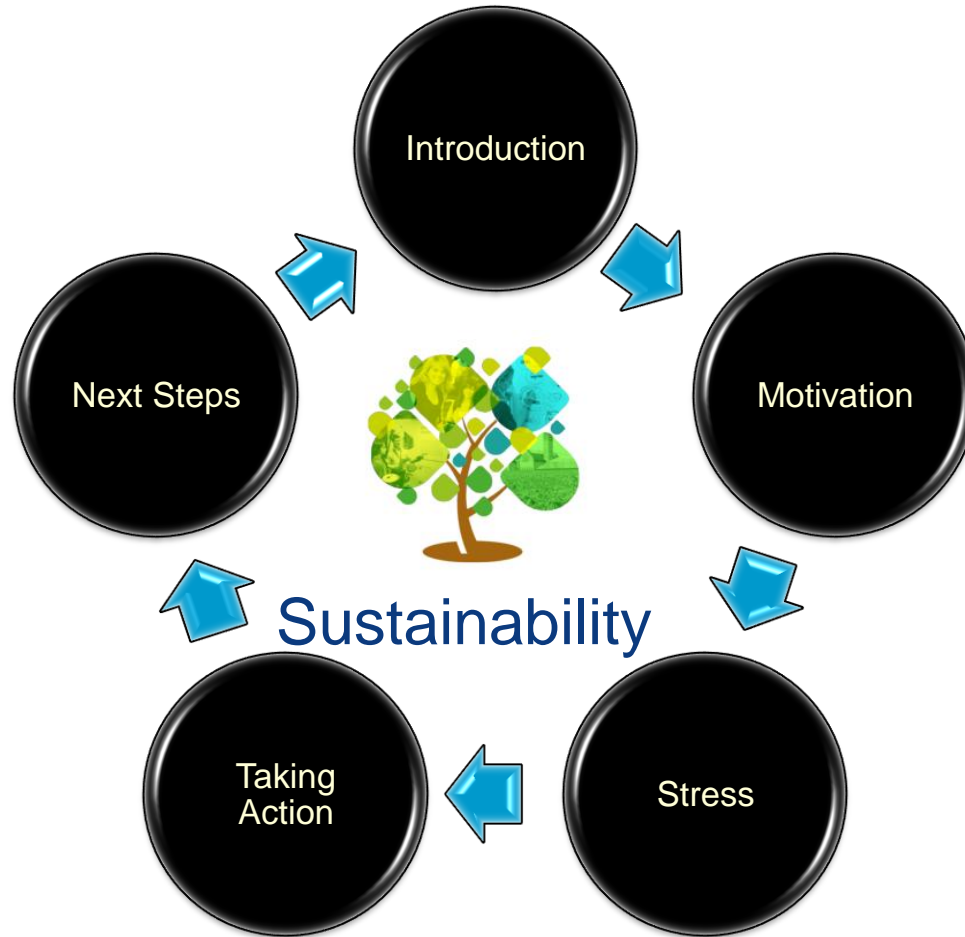


- **Jules Mitchell**

- Well Being Consultant, Customer Care Coach, Laughter Therapist

- *“Serious About Happiness”*

Agenda





What is motivation?

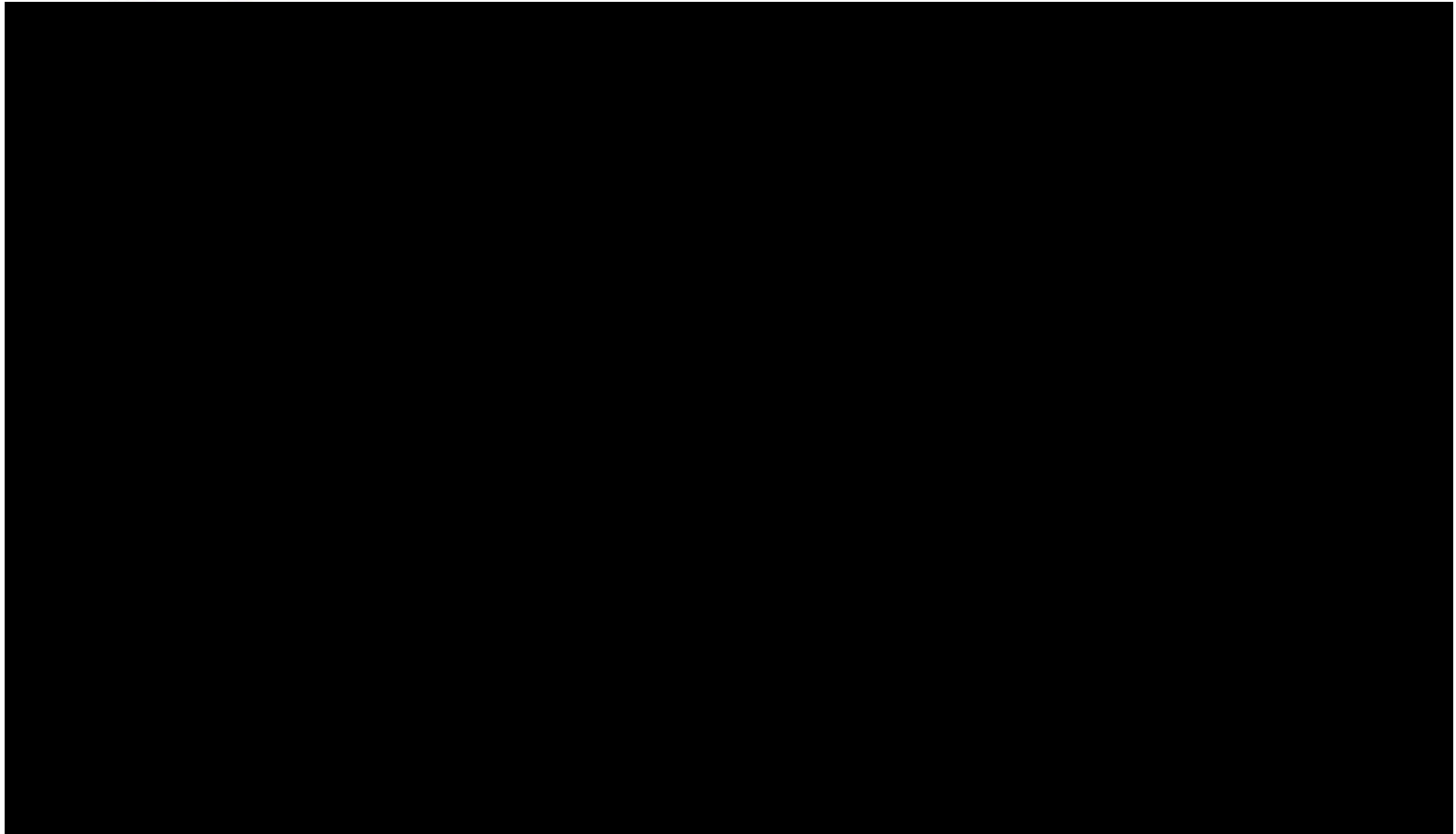
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What is motivation?

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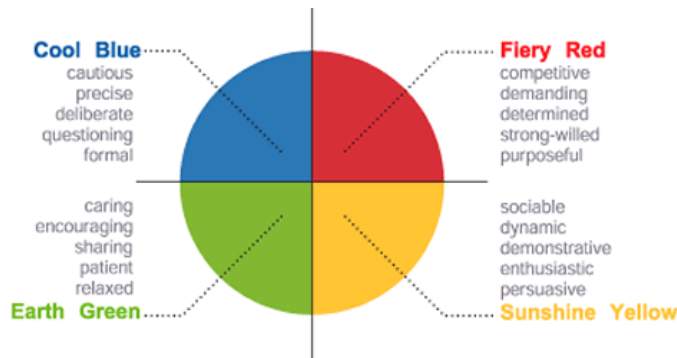
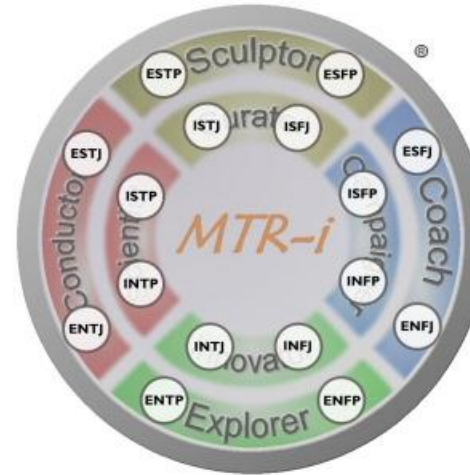
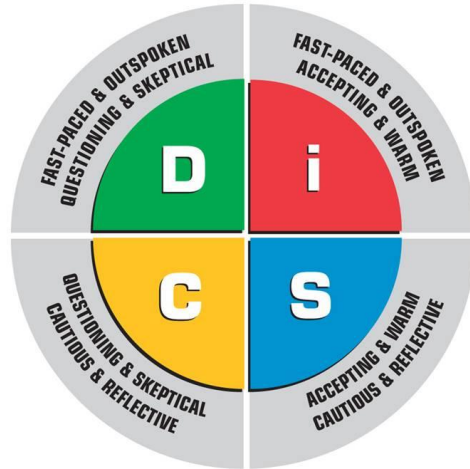


Watch your language!

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Watch your language!



The Insights Discovery Profile





Success is one way. *Your way.*

Watch your language...



EARTH

Be direct, quick, to the point. Look them in the eye. Keep to the facts. Show results.

AIR



Speak slowly and precisely. Be sequential. Provide statistics and evidence.



WATER

Speak slowly, softly and calmly. Smile with your eyes. Look and sound like you care.

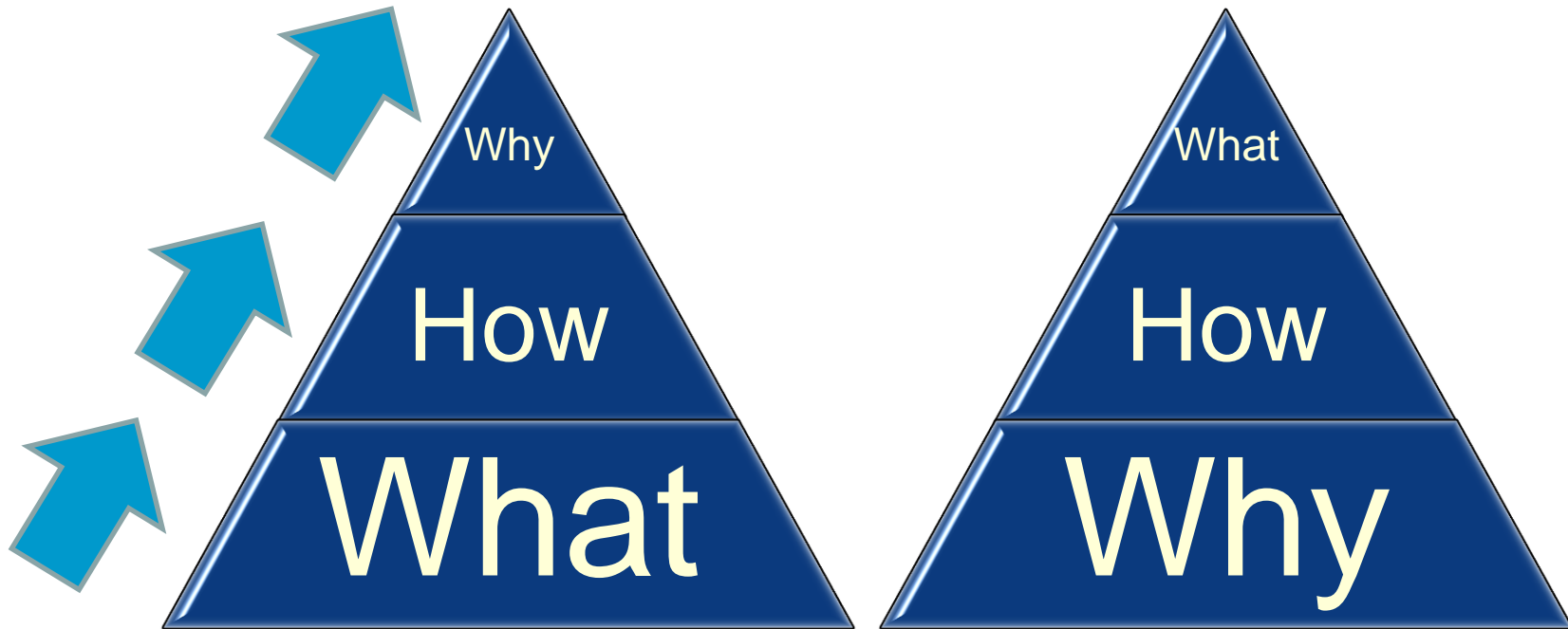
FIRE



Speak quickly, smile. Be animated. Vary tone and laugh. Keep to the big picture. Avoid detail.



The Why Triangle





Motivation Boosters

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Booster 1.



1 – BE INTERESTED!

Booster 2.



2 – RECOGNITION!

Booster 3.



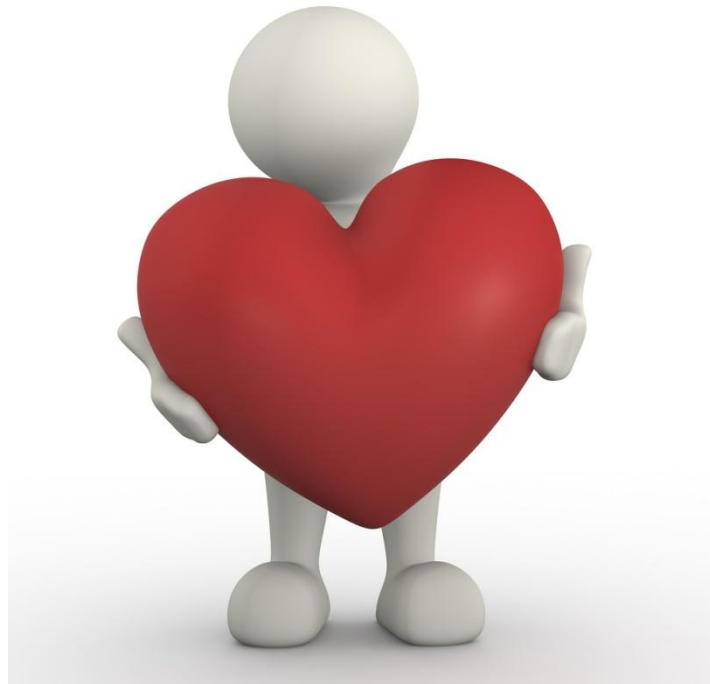
3 – SET CLEAR GOALS!

Booster 4.



4 – CELEBRATE DIVERSITY!

Booster 5.



5 – BE REAL!

What is Stress?



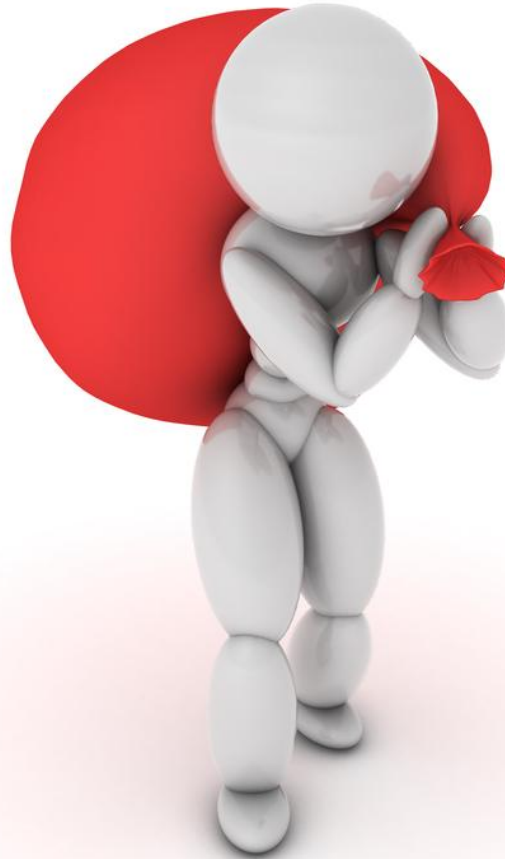
What is Stress?



The Body



The Bag...



Stress Busters



Stress Buster 1.



1 - BREATHE!

Stress Buster 2.



2 – REFRAME!

Stress Buster 3.



3 –GRATITUDE!

Stress Buster 4.



4 –NURTURE!

Stress Buster 5.



5 –MOVE!



- ***Motivation Boosters***
- #1 – Be Interested
- #2 – Recognition
- #3 – Set Clear Goals
- #4 – Celebrate Diversity
- #5 – Be Real!

- ***Stress Busters***
- #1 – Breathe
- #2 – Re-frame
- #3 – Gratitude
- #4 – Nurture
- #5 – Move!



Take Action!

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NEXT STEPS

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