

“From Overwhelm to Abundance” Building a Tough Mindset

Mark Your Calendar

Tuesday, July 28, 2020

2:00 - 3:00 pm (PAK Time)

1:00 - 2:00 pm (UAE Time)



Speaker:

Rose-marie Fernandez

- Professional Certified Coach International Coach Federation (ICF)
- Founder, Transformational Coach and Change Management Expert at Coaching Worx, Canada

Program Overview:

In today's world of uncertainty, the word overwhelm is used in our vocabulary quite often. It describes a feeling of despair and anxiety. Whichever word you choose to relate to “bear able” or “bare able” – the feeling of overwhelm can spiral downwards reaching a level of dysfunction or depression. Before these feelings reach a low you can take action and come out of overwhelm. All that is required is a desire and willingness to create an abundant mindset.

What are the choices that are available for us to overcome overwhelm?

How can we change our mind-set?

Key Takeaways:

Through a blend of discussion and activities, participants will walk away with a personal tool kit that will enable them to use the basics of the “Cuatro Method” to create their own formula to pivot from overwhelm to an abundant mindset:

The Cuatro Method of Coaching a four-step process can take you on a journey from Self-Acceptance to Self-Acceleration.

The four steps are:

Self-awareness: to acknowledge that you are in a state of overwhelm

Self-acceptance: to create the desire to do something about it

Self-actualization: to implement the plan or method to overcome overwhelm

Self-acceleration: Where you master the and experience Abundance

Who should attend:

Anyone who desires to be in a high state of energy when confronted with multiple challenges.

For Registration:
<https://bit.ly/3fTKyRG>

...only from Octara!!!

For Details & Registration contact

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