

## **SUCCESS WITHOUT STRUGGLE: INSIGHTS FROM POSITIVE PSYCHOLOGY**

### **Workshop with coach Imbi Virok (Estonia)**

#### **CONTEXT**

Today's result-oriented world has brought a new psychological struggle along with it. People want to be successful and to work hard for their achievements, but often they unknowingly block their own success, and thus increase the challenges and obstacles in their careers.

Positive psychology has provided valuable findings about 'success triggers' and 'success blockers', and has proven that success does not have to come the hard way. Success surely takes intention and focus, but it will flow naturally as soon as you stop resisting and make use of your true potential.

#### **WORKSHOP**

This workshop will guide you through a practical and effective 4-step positive transformation model to start a natural flow of success in your career.

The 4-step model has been developed by leading experts in appreciative coaching, and is based on positive psychology's recent findings on success.

The workshop weaves theory with practical hands-on knowledge, tools, and concrete steps for immediately incorporating the evidence-based method into your career.

#### **YOU WILL GO THROUGH THE '4 D-s':**

- **D**iscover your true potential
- **D**ream what is possible for you in your career
- **D**esign an inspiring and struggle-free path towards your goal
- **D**esign tools to carry on as the designer of your **D**estiny and success

#### **YOU WILL BE SUPPORTED BY:**

- Pre-seminar individual homework to help you tune in
- Questionnaires for discovering your potential
- A model for creating a powerful career vision
- Structured exercises to plan your success
- Interesting and easily applicable findings from positive psychology
- Group discussions
- Individual coaching
- A personal success toolset to take away with you

#### **WHO SHOULD ATTEND?**

This workshop is meant for people who run businesses - managers, company owners, or people who dream about starting their own business. Running a business always has its ups and downs, dreams and fears. This seminar helps to clear away the unnecessary struggle and focus one's energy and potential on growing and on enjoying success.

## AGENDA

### Discovery

Discovering your true potential:

- Your top strengths
- Your leading values
- Your unique personality traits

### Dream

Articulating a meaningful and powerful picture of the future, stretching beyond the limits of doubts:

- What is possible for you and your career?
- What energises and inspires you the most?
- Your vision of success that takes you beyond the limits

### Design

Designing a path to success without struggle, by using the most effective psychological success triggers:

Discovering your true potential:

- Clearing resistance and obstacles
- Allowing success to flow
- The backward planning technique, for an inspiring action plan
- Growing a motivation and success mindset

### Destiny

Effective tools and daily rituals to keep your success flourishing

- Your personal success toolset - 3 powerful tools of positive psychology

## THE TRAINER



### Imbi Viirok, Coach, CMC, ACC

Imbi is an internationally certified coach, helping people to gain success and fulfillment by making use of the psychological mechanisms for lasting success. Imbi has clients all over the world and thinks that people are the same everywhere – capable of moving mountains as soon as they start using their true potential.

Imbi graduated from Tallinn University, majoring in the English language, then completed a 3-year study of process-oriented psychology at the Psychology Center of Portland, completed a certification study of positive psychology and career coaching in MentorCoach LLC (USA), and is presently a student of psychotherapy.



Imbi is a certified coach through the International Coach Federation and an MBTI® practitioner, certified by the American Management Association.

## PROGRAMME INFORMATION

**Date:**

**Time:** 9.00 - 17.00

## APPLY HERE

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