

## The Art of Making it Happen!

### About NOV8

NOV8 specialise in and are passionate about empowering individuals, teams and organisations to be the best they can possibly be. This session is delivered by NOV8 Director Ellie Hemingway who is both a qualified accountant with senior leadership experience in a plc as well as a practicing psychotherapist and certified trainer of NLP. This unique blend ensures a deep understanding of the challenges people face, as well as the art of unlocking talent.

### What is it?

'The Art of Making it Happen' is an inspiring and action orientated one day workshop which focuses on empowering individuals to get clarity about what they really want and how they can achieve it. Using a range of tools to help participants create a clear and compelling outcome they explore any perceived blocks, to reveal the practical steps to make it happen.

### Who is it for?

This course is for individuals who desire clarity and courage because they are:

- Facing change
- Feeling 'stuck'
- Seeking to fulfill their potential

### Content Covered

Through individual exercises and group discussion, participants learn and practice techniques to clarify:

- What their desired outcome is
- Why they want it and what it will get for them
- Steps that will achieve their outcome
- What's getting in the way, and how to break through
- Practical techniques for enabling helpful attitudes and behaviours in self and others

Along the way the participants are guided to summons the courage, passion and energy to achieve sustainable momentum towards their outcome, themselves.

### Learning outcomes

At the end of the course participants will have:

- Explored, clarified and energised their outcome
- Identified what has been getting in the way and understood how to breakthrough
- Created a map to achieve their outcome

### How it is delivered

#### With your organisation:

- One day course for up to 10 participants

#### With individuals:

- One day public courses available – check our website for dates and locations
- Individual one to one sessions by private arrangement

Pre-work: each participant to bring a desired outcome to the course

### Contact us

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