



# Living Your Potential

in work and in life

a transformational program for women

**LIVING YOUR POTENTIAL** is a powerful multi-session learning experience during which you will gain insights and make mind-set changes necessary to move towards your professional and personal potential. This program is designed to challenge and support you to move past self-limiting thoughts and patterns of behaviour that inhibit your potential in your work, your relationships, and your life.

## Our Process

A portion of this program will take place at a private outdoor ropes course in Charlottetown. Always in control of determining the level of challenge that best meets your goals, you will safely step beyond your comfort zone to gain new insight into how to move past limits to your potential and set goals to get to the place you want to be in work and in life.

Participants are given challenges requiring them to find more effective ways of doing things, to identify barriers to success, and create goal-oriented action plans. Our process includes facilitated challenges, group discussions and opportunities for reflection and application of the learning to your personal and professional life in a way that supports growth and change.

In addition to group sessions, each participant will receive a follow-up call to support continued movement towards goals.



*If you want something you've never had, you must do something you've never done.*

## How does Living Your Potential impact work?

How people perform at work is inextricably linked to how they think and feel. The well-being and outlook of individual employees determines the overall success of an organization. Many employees possess the technical training, experience, and skills necessary to do their job, but often long-standing patterns of behaviour and self-limiting beliefs stand in the way of high performance. Supporting employees to remove those obstacles enables them to improve performance.



### Research shows that investing in personal leadership training results in:

- improved employee performance
- improved problem solving and communication
- improved attitude and motivation to become part of solution finding
- improved client/customer satisfaction
- less need for supervision
- increased productivity
- improved employee satisfaction and retention
- improved workplace morale

**LIVING YOUR POTENTIAL** participants consistently report outcomes that have enhanced their effectiveness at work, including:

- improved mental focus;
- greater engagement and adaptability;
- increased desire to take responsibility and action in problem-solving;
- reduced tendency to procrastinate; and
- greater energy that leads to increased productivity.

*"It's all about transforming thoughts into action. Unless you have the confidence, you don't do it. I don't procrastinate anymore."*

*"As a result of the workshop I am different, I am doing things differently, I am interacting differently and interacting with new people. The changes in me are leading to new results, better results – everything is just falling into place. The confidence and openness I feel now seems to draw people in and draw in better results."*

## Who We Are

Karolyn Godfrey and Kirstin Lund, owners of Winding Path Inc., use the knowledge, skills and experience gained over twenty year careers as lawyers, conflict facilitators and trainers to offer leadership training, personal and professional development programs, strategic planning and customized workshops and retreats. For more information, please visit [windingpathinc.com/living-your-potential](http://windingpathinc.com/living-your-potential) or contact us at [info@windingpathinc.com](mailto:info@windingpathinc.com).

