



winding path inc.



LIVING YOUR POTENTIAL is a powerful multi-session learning experience during which you will gain insights that help you make the mind-set changes necessary to move towards your personal and professional potential and achieve greater satisfaction and happiness. This program is designed to challenge you to move past self-limiting thoughts and patterns of behaviour that inhibit your potential in work, relationships, and 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 insight into how to move past limits to your potential and set goals to get to the place you want to be 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 accelerates growth and change.

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



***“Knowing others is intelligence;
knowing yourself is true wisdom.
Mastering others is strength;
mastering yourself is true power.”***

How does Living Your Potential impact work?

How you perform at work is inextricably linked to how you think and feel. The well-being and outlook of an organization's employees determines its overall success. Many employees possess the technical training, experience, and skills necessary to do their job, but often long-standing patterns of behaviour and limiting beliefs stand in the way of high performance. To fully leverage your skills and training and work to your full potential, you must remove those obstacles.



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 or contact us at info@windingpathinc.com.

