

Getting to Aha!

Using Values and Goals Mindmaps for Powerful Results

A part of the Me, Myself & Inc® series of presentations

Speaker/Presenter: Sherré DeMao

Format: **Workshop:** 3 hours

Target Audience: Anyone frustrated by their ability to reach their goals and enjoy life or work.

Are you feeling stuck in reaching your goals? Have you put some goals on the back burner because you feel others must take precedence? Are you feeling frustrated or dissatisfied in an aspect of your work or life, but cannot seem to put your finger on exactly why? With the demands that happen on a daily basis in work and in life, it can be easy to get caught up in the turmoil. Sherré will guide you through an exciting self-discovery process that will truly get you to “Aha!” as to what may be causing you frustration and dissatisfaction.

You will learn:

- ▶ Why Work/Life Balance should not be a goal
- ▶ A better option to love your work and life
- ▶ Why it is important to look at work and personal goals together
- ▶ How your personal values play a pivotal role in goal achievement
- ▶ What you can start doing immediately that high achievers do
- ▶ What most people don't consider in their goals that hold them back
- ▶ The true root of conflicts and where to turn to overcome them

INTERACTIVE: Sherré will take participants through the entire mindmapping process of both goals and values in the half day workshop.

Take-aways / Worksheets:

INTERACTIVE: Sherré will take participants through the entire mindmapping process of both goals and values to help them get to their own personal “Aha!”

- I. Workshop Manual
- II. Work / Life Synergy Quik Quiz
- III. Me, Myself & Inc. Quik Quiz
- IV. Values Mindmap Worksheet
- V: Goals Mindmap Worksheet

“I really appreciated the mindmapping exercise. The resulting map of my values helped me see the bigger picture immediately. I feel liberated to know what I now know I need to do to succeed.”

Saujanya Yalla
MBA Student, UNCC
Food Service Production Manager

“Sherré is a living testimony to the power of synergy and has shattered the misconception that people don't have control of what happens in their work and personal lives.”

Lincoln Times News

“Sherré's philosophy and practical advice about how to handle work/life helped me shape what my career would look like. I've never made more money nor been happier at my job. Anyone frustrated with their employment should read Sherré's book and go through her process of self discovery. It will convince you to take the leap toward what you really want to be doing, just like it did for me.”

Rob Bignell, Owner
Inventing Reality Editing Service