

Typical Workshop & Testimonials

The students arrive ready to spend 3 hours unpacking their thoughts and dreams and learn problem-solving tools giving them a clearer vision of their future and goals. Once seated I invited each person up to write their name on the flipchart and say something about themselves e.g. the course they are on, exams they are about to sit or their activity after the session.

Grasping the importance of Now, **Where** and How is not always easy as the scope for **Where** is often unwittingly limited – stretching the mind is a real tease and yet crucial to the How process. The students progress through the manual working as a group and in pairs: discussing their thought processes, comparing figures and identifying similar issues. *Magic Wand* usually reveals some awesome pictures, followed by the *Decision Matrix*, (a great cerebral challenge), which involves more in depth considered thought.

Forcefield challenges everyone's thinking and yet produces actions never previously associated with the subject, culminating interesting results. To finish they set their goals. By now much of the work has been done, allowing focus to complete the details for their *One Page Plan* so that it is well orientated around their lives, dreams and aspirations!

“This has been very beneficial for me. It has given me the skills to help make some difficult decisions. Gap year versus university! Thank you.”

“This has been a useful way of stopping and thinking about what I can do, as often I think it is hard to be able to put aside time just to think.”

“I feel I am now more able to identify positive things in situations I believed to be bad or useless.”

“I feel more positive about myself and that things are meant for a reason. I believe that the knowledge and info I have been given today will help me through my life and maybe even help others.”

“The course has been very useful because it has shown me more ways to assess my options, the way I'm working and also how to solve problems.”

“An important day which I hope will help me to rectify my ongoing problems with time management and motivation. When I go through the manual in greater detail I think I will benefit even further.”

“This course has helped me focus on problems and also set clear targets from which to work.”