



## Achieving Your Potential

**Achieving Your Potential** is at the core of the iOpener Performance Happiness Model. When you feel that you're achieving your potential you'll be experiencing happiness at work, you'll be performing really well in your role and you'll probably be lined up for the next role in your career.

In order to optimize your potential, you have to have really good self-awareness, fabulous self-motivation and self-management abilities. You'll need a solid sense of direction; meaning that you know your purpose in life and at work and you have a vision that fuels you to attain it.

Achieving your potential requires introspective reflection time and top-notch coaching. This program indulges you in both. Delivered in 1 - 3 days, this is powerful program that really could change your life.

Achieving your potential

### How do I know I should attend this workshop?

1. Are you at a turning point in your career?
2. Do you feel that your career has plateaued and you need some thinking time to work out how to reboot it?
3. Perhaps you feel frustrated that there's more in you than you've had the chance to prove so far.
4. Or maybe you're just intrigued to get to know yourself in a deeper way than you have so far.
5. Or do you simply want the luxury of some quality time to yourself? To reconnect with what you really want from life?

If you answer yes to most of these five questions, then this workshop is for you.

### What will I do?

You will:

- Complete the online performance-happiness questionnaire, the iPPQ, and delve into your personal nine-page report
- Take time to think about your present and your future; and the journey that you are on
- Work out your core values, your motives and your strengths; and how to leverage them
- Participate in an exercise to understand how to sustain your personal energy for high performance
- Coach peers and be coached by peers

### What are the outcomes?

By the end of this workshop you will:

- Be able to articulate what achieving your potential means to you
- Worked out how to recognize your career vocation



- Upskilled in the leadership competency that is coaching
- Have learnt how to deal with career blockers or dilemmas
- Have a plan of action to tap into more of your potential

## How do I prepare?

**Please find a quiet window to complete your online iPPQ. You'll need 15 minutes.**

## Who is iOpener?

We develop people and organizational performance through the power of happiness at work.