

ONE-TO-ONE SESSIONS

“My interest is in the future because I am going to spend the rest of my life there.”

-Charles F. Kettering

Many youth try and answer the question “What should I do with my life?” based on the perceptions, suggestions and advice of school guidance counsellors, friends or family, never really giving any consideration to what they want for their own lives and future. The results include wasted money for expensive tuition, confusion, stress, anxiety, loss of motivation and lack of confidence. These one-to-one sessions are perfect for individuals who want to take control in a one-to-one setting and create a life that’s right for them.

HIGHLIGHTS

Session One - Make your Own Lunch™

- Introduction to Make Your Own Lunch™ program
- What it will take to get the life you want.
- The Main Ingredient - Self-exploration and discovery
- Commitment to personal success
- e-Journaling, Scrapblogging, Blogging

Session Two - Get Hungry!

- The life I have/The Life I want - Defining what you are “hungry” for in your life
- Decide to Decide – Intentional Career Development
- Lunch bag letdown and Thinking outside the “lunch-box”
- Stir your appetite – what’s most important to you?
- Success Habits

Session Three - Recommended Daily Intake Part I

- What you see is what you get
- Where the head goes the body has to follow
- Creating your storyboard
- Possibility planning – goal setting
- Gathering information/Evaluating choices

Session Four - Recommended Daily Intake Part II

- Taking action to live the life you want
- Bringing your storyboard to life
- Creating action plans
- Exploring the fork in the road
- Taste-testing – experimenting and trying ideas out

Sessions Start Anytime

**Call for Details
(905) 427 1700**

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HIGHLIGHTS (cont'd)

Session Five - Don't Skip Lunch

- Fear factors
- Self-initiative and personal responsibility
- Procrastination and windows of opportunity
- Doing what it takes
- Setting priorities

Session Six - It Doesn't Always Taste Good

- Keeping focused – moving forward
- Anticipating the unexpected
- Overcoming obstacles and creating obstabilities
- Making dissatisfaction/discouragement work for you
- Adjusting the plan

Session Seven - Don't Eat Alone

- Masterminding – there's strength in numbers
- Choosing a mentor
- Saying "no" to toxic people
- Putting your success team to work - Open feedback
- If you want to be a millionaire...

Session Eight - Itadakimasu

- Where you've been, where you're going – Build on your accomplishments
- The power of the 'tudes
- Pulling it all together
- Course corrections

Session Nine - Get Ready to Make Your Own Lunch™

- Mapping out your Next Steps
- Following your recipe for success – Make Your Own Lunch™
- Leaving the table hungry for more!
- Ready to launch

Session Ten - Post-Program Follow-Up

- Final one-to-one coaching session
- Personal accountability
- Follow-through and what's happening
- Resources
- Staying connected

"The future is not some place we are going but one that we are creating the paths to it are not found but made, and the activity of making them changes both the maker and the destination."

Prof. John Schaar