



# ***The Art of Being Brilliant (Community)***

## **Context**

We live in a seismic society where massive social change has happened very quickly. The life of those in employment is typified by a never ending regime of restructures and budget cuts. Uncertainty prevails. Customer expectations are rising. Legislation is tightening. The job market is tight and companies are looking to invest in people who add value. Life is hectic and exhausting.

Life is equally exhausting outside of work. It's easy to slip into negative habits, feel powerless or to become a victim and hand over responsibility for your life to the state or someone else. Once in 'dependency mode' it can be very difficult to find a way forward as the light at the end of the tunnel seems to get further away. It's effortless to slip into a routine of doing what you've always done (and therefore getting the same negative outcomes that you've always got)

'The Art of Being Brilliant' provides an antidote to the crazy world that typifies modern Britain. This workshop uses cutting edge research to explore how you can be you, *brilliantly*. We will share some of the 'secrets' of Positive Psychology, focusing on learning new habits of thinking and behaviour that will sustain personal 'brilliance'. It is about the 'whole you' and, as such, is applicable to everyone, everywhere, irrespective of age or circumstances.

## **Overview of content**

The content is taken from the realms of the hottest business topics of the day; positive psychology, emotional intelligence, NLP, well-being and flourishing. 'The Art of Being Brilliant' has been delivered to rave reviews in businesses across the world. It has been delivered to corporate clients such as Astra Zeneca, Lloyds TSB, DHL, Virgin Healthcare and Pirelli. It has also received acclaim in schools and has **recently been tailored to fit the needs of communities.**

Although steeped in academia the delivery is deliberately stripped of big words. It is an interactive, thought-provoking workshop that entertains as well as educates. Essentially, it's a call to action.

Content includes 'busyness', emotional intelligence, being a 2%er, energy, influencing skills, creating rapport, 4 minute rule, comfort zones, attitudes, 'mood hoovers', 90/10 principle, belief systems, HUGGs, resilience and destination addiction.



## **Outcomes**

1. For delegates to understand more about the topics above
2. To increase confidence and positivity
3. For delegates to be able to create strong relationships (in and out of work)
4. To instil the habit of personal responsibility
5. To assist with goal setting
6. To instil a series of positive habits that contribute to 'mental wealth'
7. To enhance employment prospects
8. For delegates to become better citizens
9. To enable delegates to bounce back after setbacks (ie to enhance mental resilience)
10. To widen comfort zones
11. To increase delegates' life-chances

## **How is the Art of Being Brilliant presented?**

In a short, snappy, high impact and fun session lasting anything from 30 minutes to 3 hours.

## **What are people saying about The Art of Being Brilliant?**

*Just wanted to pass on my thanks to Andy and the team for a great evening tonight. I personally found him very inspiring, as did many of my colleagues and members of the community. I wish you all the very best for the future. (West Midlands Police Officer)*

*'I thought Darrell delivered a brilliant talk and I found it very inspiring. I came out of there feeling two foot taller than when I went in.'*

*'A great inspiration and I really have gained from the course. I look at everything so differently. People are starting to notice. At first even I thought that I was "putting it on". But as time goes by and you keep that positive thought process it is just there. Thank you very much!'*

*'I personally thought it was brilliant, and he kept my attention for the whole day. I was disappointed when the day ended and left on a high. I had set myself a challenge to work on the many mood hoovers in my department, and not allow them to bring the others down!!! You have to have a positive mental attitude to succeed. I **can** make a difference!!'*

*'Just wanted to drop you an e-mail to say how much I enjoyed yesterday's course, I have come to work today with a big smile on my face and full of positive energy – it's working!!!!'*