



Revolutionize YOUR retirement Presents:

How many balls are you juggling? And who gets the crumbs?

Denise Archie – Global CEO

**Coaching College
Multiple Award winning Company**

**Specialist in Distributed Leadership
Coaching Leaders to success**

WORKBOOK

Denise Archie proudest achievement is being a mum of 3 adult son, 3 daughters-in-law and 4 grandchildren, has spent over 40 years as an Educator, and multiple award winning Facilitator, Innovator, Entrepreneur, Speaker, Leadership Coach, Author, one of Australia's Pioneers' in Vocational Education and Training and Online Learning since 1996.

Denise has facilitated learning from the classroom to the Board room and of course her swimming school, Denise's working career began as primary teacher, set up a swimming school, high school teacher, Hypnotherapist, Post Graduate in Career and Guidance, created a vocational educational school and now enjoys a slower pace working with her middle son delivering innovative leadership and management programs globally both the private and public sector.

Today Denise Archie will share her 5 keys to personal success – how many balls are you juggling. Denise's approach to life, work and play are a combination of 'loving what I do' and anything I do must pass '**MY five non-negotiables**' test:

- ✓ ***Is it fun?***
- ✓ ***Do I like whom I am being in this relationship?***
- ✓ ***Does it make a difference to others?***
- ✓ ***What can I learn?***
- ✓ ***What can we learn together?***

This highly engaging and interactive session will provide you with an opportunity to laugh, share and consider your 5 keys to your personal and professional success. We invite you to join us for this entertaining and thought provoking session:

What are YOUR 5 keys to your personal success?

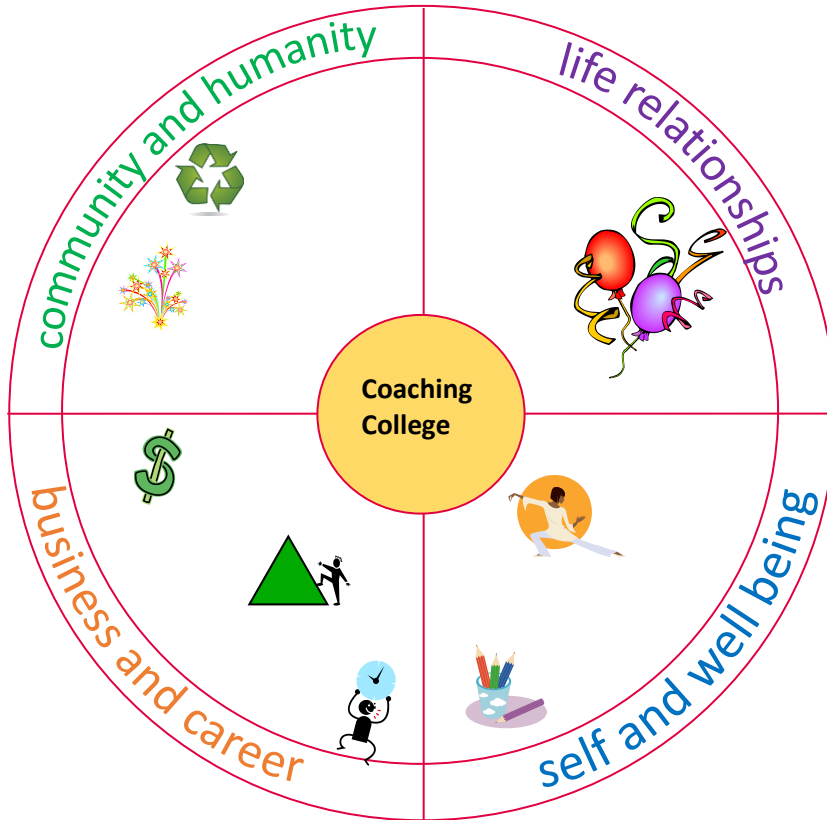
How many balls are you juggling?

Who gets the crumbs?

- ✓ **How often in our daily lives do we STOP to consider all aspects of our lives?**
 - ✓ **What do you consider are the rules that run your life?**
 - ✓ **What are your non-negotiable's in your life?**
- ✓ **What is your personal ACTION plan for the next 3-6 months?**

Let's consider all the aspects of your life

Provide a rating on a scale of 1 – 5- (1 this area needs my attention – 5 I have this well managed)



Relationships

Partner:	Mother:	Father:
Children	Siblings	Friends:
Career	Finance	Home
Self-care	Health	Fitness
General appearance	Time Management	Creativity
Self-expression	Making a difference	Having fun
My community involvement	My environmental concerns	My concern for humanity
Other:		

What are the rules that run my life?

- a) Every time I 'should' I myself or others I am expressing one of my rules
- b)
- c) Every time I am disappointed I am expressing a rule relating to my expectations.

Identify at least 3 rules that run your life (create an upset within yourself)

- 1.
- 2.
- 3.

Then give it the reasonable test: am I being reasonable with this rule?

Do I want to keep it or let it go?

What are my non-negotiables regarding the balls I am juggling? And what crumbs will you not accept now - I will not move from this position – no matter what – example.

Have any of your non-negotiables changed – do you need to reflect on them to change at this stage of your life?

- 1.
- 2.
- 3

MY ACTION PLAN:



Being a – what does this mean for me and my family?

I will set my 5 keys to my success

What does success look like for me over the next 6 months with the specific balls I am juggling?

1. What are my non-negotiables regarding the balls I am juggling? What will be my priorities over the next 6 months? Crumbs?
2. What is my vision for myself and my family for the next 6 months?
3. What are my contingency plans? How do I create the flexibility I need?
4. How will I demonstrate my commitment to my action plan? What will I need to see and feel to know its working – how often will I review this and with who?
5. What is the fun factor?

Thank you