



CONSULTING & EXECUTIVE
— COACHING —

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Personal Mastery!

**Personal Performance Programme
Course Preview**

A bit about personal mastery...

Welcome to “Personal Mastery”. This is the final module of the Personal Performance Programme. Building on all that you have learned and experienced in Modules 1, 2 and 3, and reflecting on how far you have come in your personal journey, this module focuses on the personal transition and the key steps to help you to become a master of your own destiny. In his book ‘The Fifth Discipline’, Peter Senge introduces the concept of the discipline of ‘personal mastery’. It’s a discipline because it’s not easy; it is also ongoing (lifelong). It is a discipline that teaches us how to take personal responsibility and accountability for the future we want for ourselves in contrast to being a recipient of what happens to us. We do have a lot of choices. It’s how we enable and empower them that matters.

Here are some examples from work and personal life experiences that I and many others have experienced:

We have a choice in how we treat ourselves. We are in control of our own personal narrative yet:

- How often do we have a negative inner voice chastising us for making a mistake, getting it wrong, letting other people down or constantly being downright hard on ourselves?
- How often do we offer ourselves the same level of kindness in thought and compassion that we offer to those we really care about?

We have a choice about what we pay attention to, hang on to and where we spend our mental and emotional energy, yet often we:

- Unconsciously hang onto negative interactions and experiences from the past, and still harbour strong emotions such as anger, resentment, shame, guilt or fear when we think about them. It may be that what happened was wrong, but we are not free from the emotion and the event is still with us.
- Can be excited and willing to try new things and behave and live in a different way, but those around us simply bring us down or project their fears of why it won’t work onto us.
- Still interact with people who leave us feeling pretty crap about ourselves and don’t seem to have any positive intention with their feedback or comments.

We don’t like what is happening to us, yet we do little about it:

- We have been wanting a change in our environment/job/role/relationships/business. Not surprisingly it doesn’t happen because we haven’t actually done any work to move ourselves towards a new future or away from our current situation. Instead time and energy is spent moaning about it.
- We procrastinate over doing something we say is really important to us, but it never seems to get done or changed.

Do any of these sound familiar?

The thing about personal mastery is that you need to take control of the things that you can, and take full personal responsibility for how your future unfolds. In order to do that, you have to pay attention to and work on your **inner self, let go** of things that are unconsciously weighing you down and become a **master of your own destiny**.

This final module will build on all the work you have undertaken in modules 1, 2 and 3, and will enhance your personal toolkit to help you to achieve more of what you love most in life and be a better version of yourself. So, what can you expect as your journey enters the final phase of the programme?

The inner you: In week 1, we explore how kind and compassionate you really are to yourself, and how this plays out in all that you do. We explore strategies to help you to get better at controlling the negative inner voice when it arises, develop a meaningful and helpful internal dialogue and explore the art of self-forgiveness, enabling you to adopt a healthier relationship with yourself going forward. After all, we wouldn’t treat other people the way we sometimes treat ourselves!

Letting go: Week 2 is about decluttering and letting go. This module helps us to increase our own awareness of what we may be carrying of our own accord as well as what we are carrying for other people! Often we can be carrying so much emotional and mental baggage that we can’t see how it really gets in the way of us being the best version of ourselves. We may also be surrounding ourselves or interacting with people who don’t make us feel good about ourselves and who unconsciously (or consciously) project their own self-limiting beliefs and expectations onto us to keep us ‘small’ for fear we may actually be successful.

Being a master of your own destiny: It doesn’t just happen for you - you have to break your current cycle, put the effort in and make the changes you want to see in your life! In your final week of the programme, you will refine your vision of your future, your dreams and aspirations, exploring what you need to do to cultivate your landscape, and embracing the personal discomfort that leads to growth. We will take a final look at the mindset you have versus the one you need to help you to achieve your future hopes and aspirations, whatever they may be, and we will close with how to embrace a lifelong journey of curiosity, self-discovery and learning, with kindness and self-compassion at the heart.

So let’s take a look back at how far you have come, and get you back in the driving seat of being the best version of you and the master of your own destiny.



Janine