

The ART of LIVING (Certificated)

Morning Session

Personal Profiling (done prior to course, as information is utilized during skills development)

MBTI (Myers-Briggs Personality Temperament)

Assertiveness

EQ assessment

Global Predictors of Success in this Life

- Emotional Intelligence (EQ)
- Adversity Quotient (AQ)
- Conflict resolution
- Art of being Assertive
- Decision making

Victim vs. Martyr

Stop making excuses (existing) and start Living

A Purpose driven Life

Primary Goal: that we need to work with (in synergy) in every-day Life

Secondary Goal: that we need to work through in every-day Life

Afternoon session

Create your Work of Art

The 4 P's in basics of Creating

- Plan
- Prepare
- Produce *the work of Art*
- Phinish



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