

# TRANSFORM YOUR TEAM

## Session 1: Foundation

LIFEPULSE  
bringing intentionality back to life

### FOUNDATION



### ACHIEVE



### POWER



### GLUE



Smartphones, time-wasting websites & gossip can cost U.S. companies an estimated **\$650 billion** a year.

**85%** of people at work are **NOT ENGAGED** or **ACTIVELY DISENGAGED**

**9 out of 10** workers prefer to interact in any other way than meetings because of **LACK OF PERSONAL VALUE.**

The **FOUNDATION** session is key to successfully implementing any system in your organization. After this program, your team will have a structure to be more intentional in all areas of their life, waste less time, and get more done with the time they have.

#### During the Session Attendees will...

- Gain an understanding of our customizable 9-part productivity system known as the LP.
- Walk through the systematic process of gathering thoughts prior to planning.
- Apply the 9-part process to their own unique roles and situations.
- Understand how to achieve success in all 4 of the "Vital Signs of Life".
- Practice using a tool that will help them tangibly see what's important to those around them.
- Gain an understanding of what is happening in others' lives with just one word.
- Walk through the process of how the LP can be used to enhance communication with their teams both inside and outside of the work environment.

#### Ideal Audience

- We have done this program with all levels of an organization, from entry-level employees to CEO and other members of the C-Suite
- Up to 50 attendees per session
- Attendees should be grouped into one of the following categories: No Management Role, Lower-level Management, Mid-level Management, Upper-level Management.

#### After the Session Attendees will...

- Gain 2-3 productive hours per day by implementing the LP system.
- Be able to more quickly strategize how to overcome roadblocks to effectiveness.
- Narrow down tasks effectively to boost focus and productivity.
- Feel more intentional each day that they use the LP system.
- Communicate more effectively with their teams both inside and outside of the work environment.
- Feel prepared and less overwhelmed for all team meetings and interactions.
- Uncover issues with tasks & projects before they escalate.
- Feel less stressed and more capable.

#### Session Structure & Concepts

- This is a half-day session (3 hours).
- Ideally scheduled in the morning, but can be scheduled as time-permits.
- LP - productivity planner given to each attendee to use in all areas of their life and used as a foundation for the rest of the TYT program.
- LPI Vital Signs - The four areas of your life are used to gauge balance: Internal, Emotional, Physical, and Professional.
- Weekly Wisdom - A weekly golden nugget that boosts productivity and success when applied to your week.