

UNBREAKABLE

Workshops



The solution that shows you how to unlock optimal performance both personally & professionally

What is the Digital Unbreakable Workshops?

At Life Pulse, we understand that time is precious, and personal development should be accessible to everyone, regardless of their schedule or location. That's why we're excited to introduce the Unbreakable Workshops - a transformative digital training program designed to empower you to unlock your full potential.

The Unbreakable Workshops are a series of digital training modules that mirror our highly effective in-person programs: **Foundation**, **Power**, and **Glue**. These workshops empower individuals and teams to bridge performance gaps, eliminate excuses, and maximize their capacity.

Session 1	Session 2	Session 3
FOUNDATION Increase Bandwidth, Minimize Burnout	POWER Manage Weaknesses, Leverage Strengths	GLUE Discover Purpose, Eliminate Excuses

Key Features:

- 1. Self-Paced Learning:** Everyone has their own unique learning style and pace. With the Unbreakable Workshops, you have the freedom to learn at your own speed.
- 2. Short Micro Learning Series:** We've broken down our powerful training into bite-sized, easily digestible modules. This approach ensures that you can absorb and apply the knowledge without feeling overwhelmed.
- 3. Track Your Progress:** The Unbreakable Workshops come with built-in tracking tools, allowing you to monitor your progress as you move through each module.
- 4. Certification of Completion:** Upon successfully completing each workshop, you'll receive a certification of completion. This certification showcases your commitment to personal and professional development.

Access
Here



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

9^{out of}10 workers prefer to interact in any way other than meeting because of LACK OF PERSONAL VALUE.

The **FOUNDATION** session is key to successfully implementing any system in your personal and professional life. After this program, you will have a structure to be more intentional in all areas of your 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 attendees own unique roles and situations.
- Understand how to achieve success in all 4 of the "Vital Signs of Fulfillment".
- Practice using a tool that will help tangibly see what's important to others around you.
- Gain an understanding of the power of single task focus over multitask focus.
- Walk through the process of how the LP can be used to enhance communication with team both in and out of the workplace.

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 teams, both inside and outside work.
- 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.

POWER

7 Individual Trainings



Showed an INCREASE of...

7%

in Customer
Engagement

15%

in Employee
Engagement

29%

in Profits

Based on a study of 1.2 million, businesses where employees demonstrated a powerful connection between their strengths development & business performance...

Showed a DECREASE of...

59%

in Safety
Incidents

16%

in Turnover
(Low-Turnover Org)

72%

in Turnover
(High-Turnover Org)

This is our **POWER** session. Now that you have a foundation and a plan to achieve your goals, you can fully develop yourself and access your maximum power. This is where we unlock your interpersonal strengths and teach you how to leverage these strengths to get more out of the life you have.

During the session attendees will...

- Gain an understanding of the internal strengths that you have bottled up due to lack of awareness (40% rule of Navy SEALs).
- Position strengths to experience outcomes you want faster with less stress.
- Differentiate between your true core values and just things you "want".
- Understand how to set up your weekly plan according to your core values, so you will give effort needed to complete tasks.
- Articulate & define their core values.
- Practice a system for focusing on the important things and disregarding distraction.
- Analyze how to control your actions in any situation.

After the session attendees will...

- Increase the likelihood of completing the tasks you have set to achieve that day.
- See a boost in confidence and a decrease in self-doubt when it comes to your daily schedule.
- Be able to articulate what is important to you to those around you.
- Foster a culture of individuals who know their strengths and are confident to be assigned to tasks accordingly.
- Be able to articulate your strengths to management more effectively.
- Approach conflict differently & implement resolutions more quickly than before.

60% of employees say that, in a role, the opportunity to do what they do best is "very important" to them.

Organizations where employees feel their purpose is connected to their job experience...



15%

in
Sales



24%

Unscheduled
Absence



20%

in
Profit



13%

Employee
Turnover

90% of executives say focusing on PURPOSE in the workplace ENHANCES results & employee engagement, yet only **46%** said they implement it.

The third session is the **GLUE** to the system. Attendees clearly see your position in your organization as a perfect vehicle to live the life you want to live. At this point, attendees are able to take all that we teach and start seeing that you can live out your purpose by actively contributing to your organization.

During the session attendees will...

- Build awareness of the difference between passion and purpose.
- Build an understanding of the "purpose" of the company and the value of your position in the company.
- Hear a strategy for unlocking your purpose inside and outside of the workplace.
- Analyze the question "Why are you here?" and spend time developing a response.
- Learn how to connect your purpose with your daily tasks.
- Create a personal filter to use when making a decision.
- Walk through the process that will allow you to narrow your purpose down to one sentence.

After the session attendees will...

- Always know what decision to make in life no matter the level of difficulty.
- Know how to tie your purpose to every task they have and be able to find fulfillment in all you do.
- Be able to connect your current role with your purpose and use it as a road map for your career.
- Articulate your purpose clearly.
- See an even greater boost in productivity than before.
- Experience a decrease in confusion when it comes to decision-making and advancement in the workplace.
- Show an increase in expressed gratitude.