

The Positive Forward Motion Mindset - Online Course

Know Thy Self

Who are you? Like, who are you really? Warts and all. In Phase 1, we will do a Deep DEEP dive into self awareness, through activities, videos, assessments and holistic reflections. By the completion of Phase 1 you will truly know YOU!!

PHASE
01

Your Mindset Understanding our Emotional Selves

We want to 'let go', right??
BUT HOW???

What types of stimulus (we will get very specific!) are launching us into the FAST Lane© and most importantly WHY and what can we do to be more mindful about our triggers?!?!?

PHASE
02

The true cost of NOT Changing

How is your emotional re-activeness showing up in your life, your wellness, your relationships, your workplace and your leadership (of self and others)? Perception is reality and if you are struggling to manage your stress and emotions, your health and wellness and emotional effectiveness is likely being affected.

PHASE
03

The FAST Lane Model and PFM Goals!

In Phase 4 we take your deep understanding of self, your awareness of your specific pain points and triggers, as well as a holistic understanding of how they are currently impacting your life to brainstorm opportunities, growth points and barriers and then set your POSITIVE FORWARD MOTION goals! .

PHASE
04

PHASE
05

You, 2.0

With your shiny new Positive Forward Motion Mindset, we dive FULL FORCE into your SPLASH ZONE of awesome and begin to LIVE your life in Positive Forward Motion!

An Emotional Self-Awareness, Self- Regulation and Mindset Reset Program

Do you sometimes struggle to feel emotionally calm and grounded? Are your thoughts stuck on repeat of past or future experiences that you would love to 'let go'? Do you feel emotionally reactive in times when you want to have clarity, feel calm, empowered and confident? Have you lost YOU in the FAST Lane© of life and work?

Then this is the program for YOU!

This program is ideal for anyone struggling to feel more purposeful, peaceful, & positive in their own life & work.

Head to LesleyCalvin.ca or email lesley@positiveforwardmotion.ca to get your LIFE and MINDSET in Positive Forward Motion TODAY!!!!