



ATIC HR CONSULTING PARTNERS



The Cost of Victory

- Redefining Success for Sustainable Well-Being
- Presented by Terri Stevenson

Workshop Agenda

1. Warm-Up &
Icebreaker

2. Reflection:
The Hidden
Costs of Victory

3. Group
Discussion

4. Interactive
Exercise

5. Shared
Lessons

6. Action Plan &
Next Steps

Opening Reflection

"Behind every win, there's often a cost
unseen."

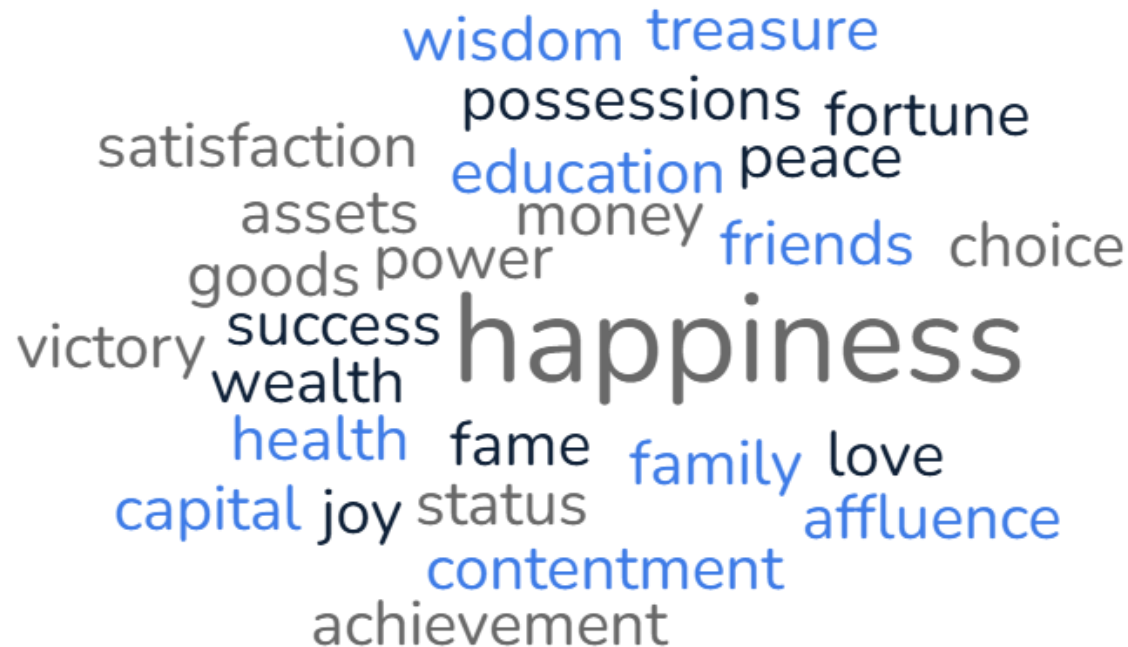


Icebreaker:

What is the single
most important
achievement in life?



What is the single most important achievement in life?



Relationships
are the single
most
important
achievement
in your life.



Wisdom Exchange Across Ages

Older generations offer life experiences and values, while younger generations contribute new ideas and perspectives, enriching each other's lives.



Strengthening Family and Networks

Generational bonds reinforce family ties and social connections, making communities more resilient and supportive.



Bridging Cultural Gaps

These relationships help bridge cultural divides and promote broader understanding within communities.

Reflection Exercise

Who are you without achievements?

- Prompt: What has your pursuit of success cost you personally?
- Take 5 minutes to journal privately.



The Hidden Costs of Victory

Peace

Health

Relationships

Time

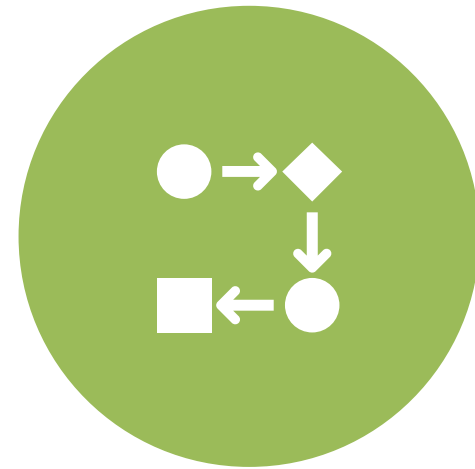
Identity

Joy

How does that make you feel?



HOW DO YOU WANT TO
FEEL?



WHAT DO YOU NEED TO DO
TO CHANGE IT?



Relationships Matter Most

Foundation of Trust and Support

Strong relationships build trust and support, creating a safe space for emotional well-being and mutual understanding.

Meaningful Connections Drive Growth

Meaningful connections encourage personal growth and resilience, helping individuals overcome life's challenges together.

Investing in Relationships

Nurturing relationships through time and effort leads to a more fulfilling and satisfying personal and professional life.

Group Discussion

In small groups, discuss:

- Barriers faced in your journey
-
- How you define success today
-
- What would sustainable success look like for you?

Setting Boundaries

Write one
boundary you can
set to protect
your well-being.

Example: 'I will
not let work
compromise my
personal time.'

Group Reflection: Shared Lessons



Voluntary sharing:



What boundary did you choose?



What surprised you about your reflection?

IYJ = “If You Just...”

Three Things Wrong with the IYJ Model:



SUM UP YOUR LIFE BASED
ON WHAT THEY THINK.

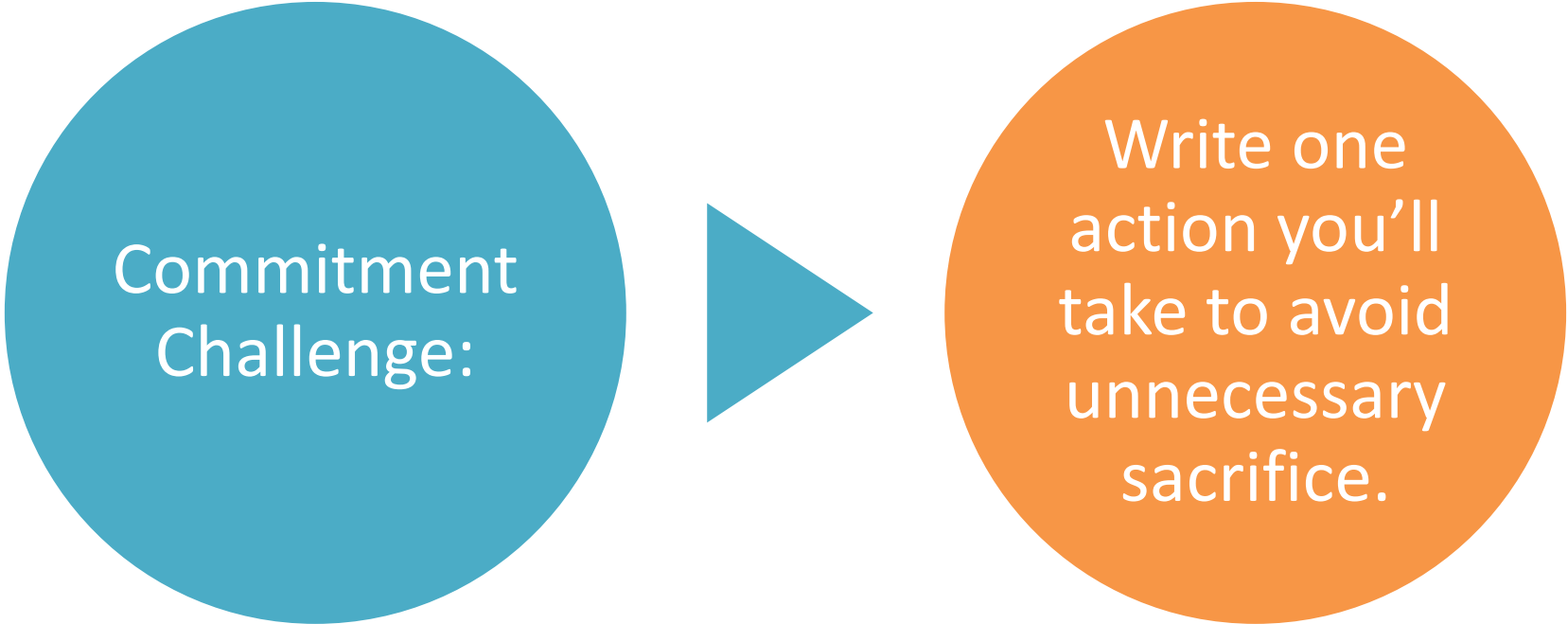


DO THIS AND YOU’LL BE A
BETTER PERSON.



THEY ALWAYS KNOW
WHAT’S BEST FOR YOU.

Action Planning



Commitment
Challenge:

Write one
action you'll
take to avoid
unnecessary
sacrifice.

[illegible]

- [illegible]

Worksheet Example



VISUAL: COST VS. BENEFIT
TABLE



DEMONSTRATE TRADE-OFFS
AND MINDFUL CHOICES.

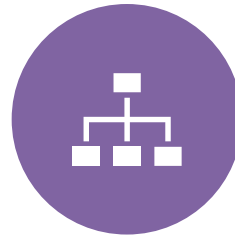
Interactive Exercise: Cost-Benefit Analysis



REFLECT ON YOUR
CURRENT GOALS.



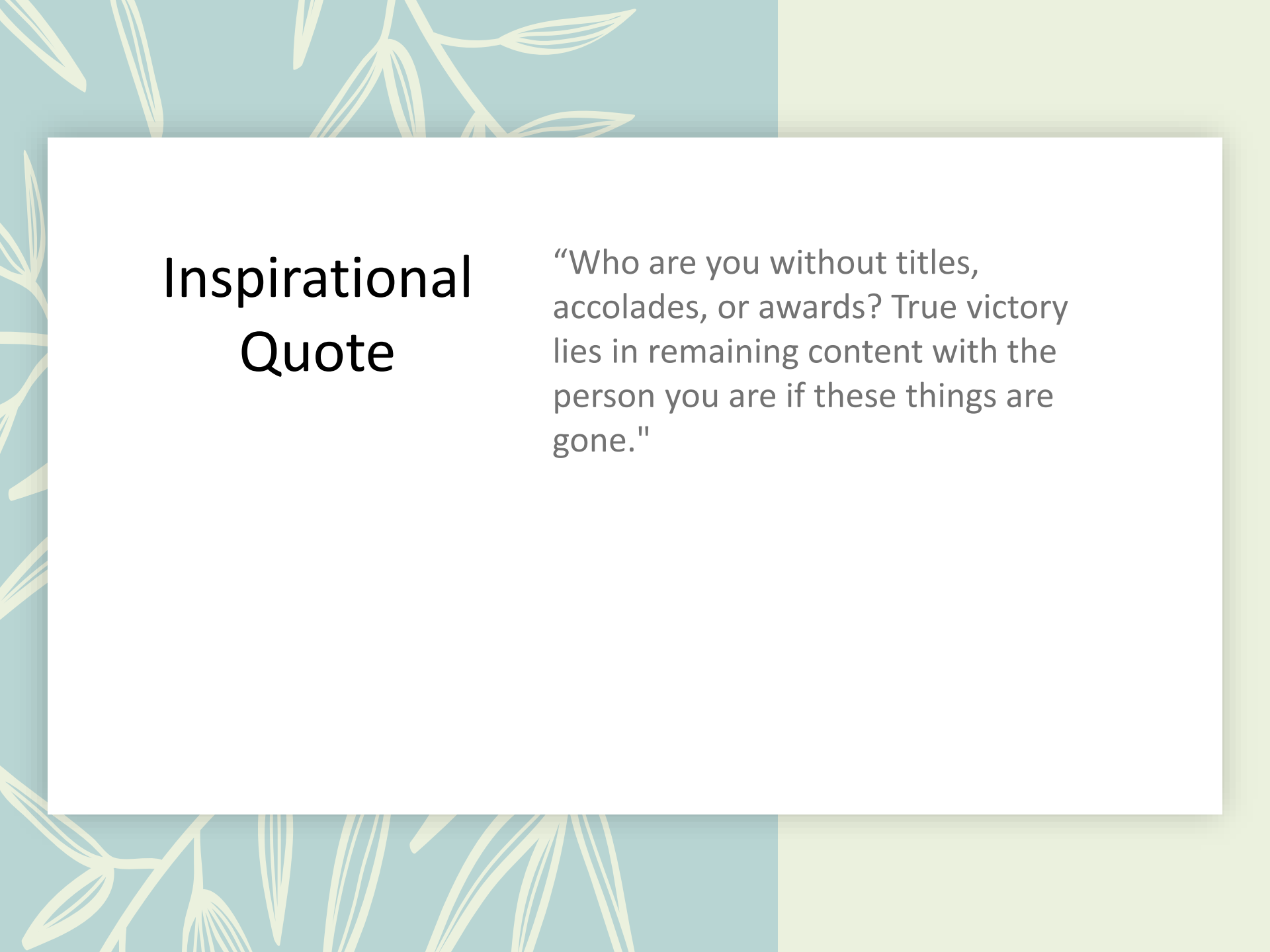
COLUMN 1: WHAT
AM I SACRIFICING?



COLUMN 2: WHAT
AM I GAINING?



IS IT WORTH IT?



Inspirational Quote

“Who are you without titles, accolades, or awards? True victory lies in remaining content with the person you are if these things are gone.”

Resources & Takeaways



Closing Reflection

Redefine Victory.
Cultivate
Relationships.

Thank you for
participating!

Contact & Thank You



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LET'S CONTINUE THE
CONVERSATION

