

**The need
for learning.**

**The need
for work.**

November 2019



My Education
Employment Enterprise



Be Amazing. Be Awesome. Be You.

A Balanced Meee

For each of the questions below put a score on a scale between 1 and 10 in the box on the right. 1 being the lowest score, 10 being the highest.

1	I feel valued and appreciated at work.....	<input type="text"/>
2	I experience happiness at work most days.....	<input type="text"/>
3	I reflect on what I have learnt.....	<input type="text"/>
4	I have interests out of work that give me positive energy and growth.....	<input type="text"/>
5	I spend quality time with my friends and family.....	<input type="text"/>
6	I work in a place with high levels of trust.....	<input type="text"/>
7	I constantly stay hydrated.....	<input type="text"/>
8	I wake up feeling energised each day.....	<input type="text"/>
9	I feel engaged at work.....	<input type="text"/>
10	I seek and receive feedback from others on a daily basis.....	<input type="text"/>
11	I give feedback to others on a daily basis to help them grow.....	<input type="text"/>
12	I always feel emotionally, physically and mentally strong and energised.....	<input type="text"/>
13	I am relaxed at work, rarely experiencing feelings of anxiety, frustration and (bad) stress.....	<input type="text"/>
14	I feel as though I can be honest with superiors about my feelings towards work.....	<input type="text"/>
15	I feel in control of my life (to a large degree).....	<input type="text"/>
16	I see a strong link between my daily work and my personal purpose.....	<input type="text"/>
17	I know when something is impacting my stress levels and can take the steps to stop it.....	<input type="text"/>
18	I am in tune with my emotions and I am aware of the state of mind of those around me.....	<input type="text"/>
19	I practice a good work/life balance.....	<input type="text"/>
20	I regularly show appreciation to others.....	<input type="text"/>
Total Score		<input type="text"/>

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**People who learn
are 24% more
likely to feel
happy at work!**

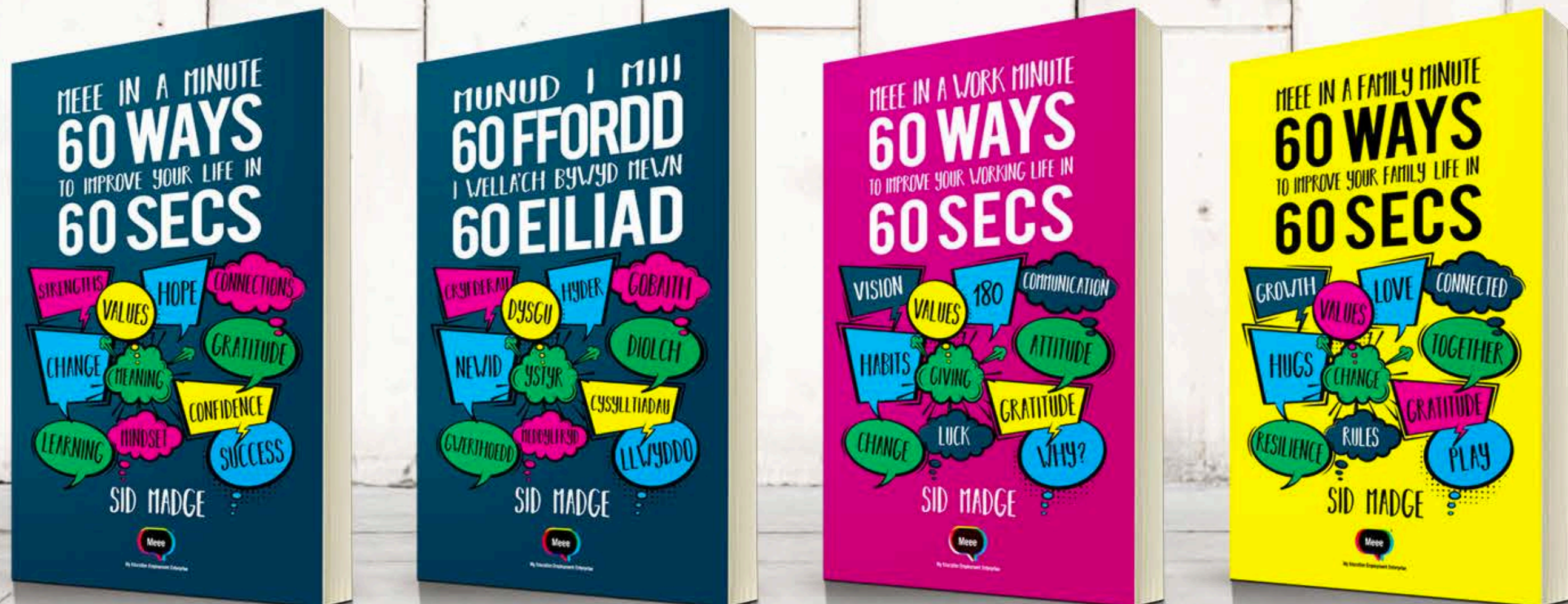
Take a Minute...

**What one word
would you use to
describe yourself?**

**What one word
would you use to
describe yourself
at work?**



My Education Employment Enterprise

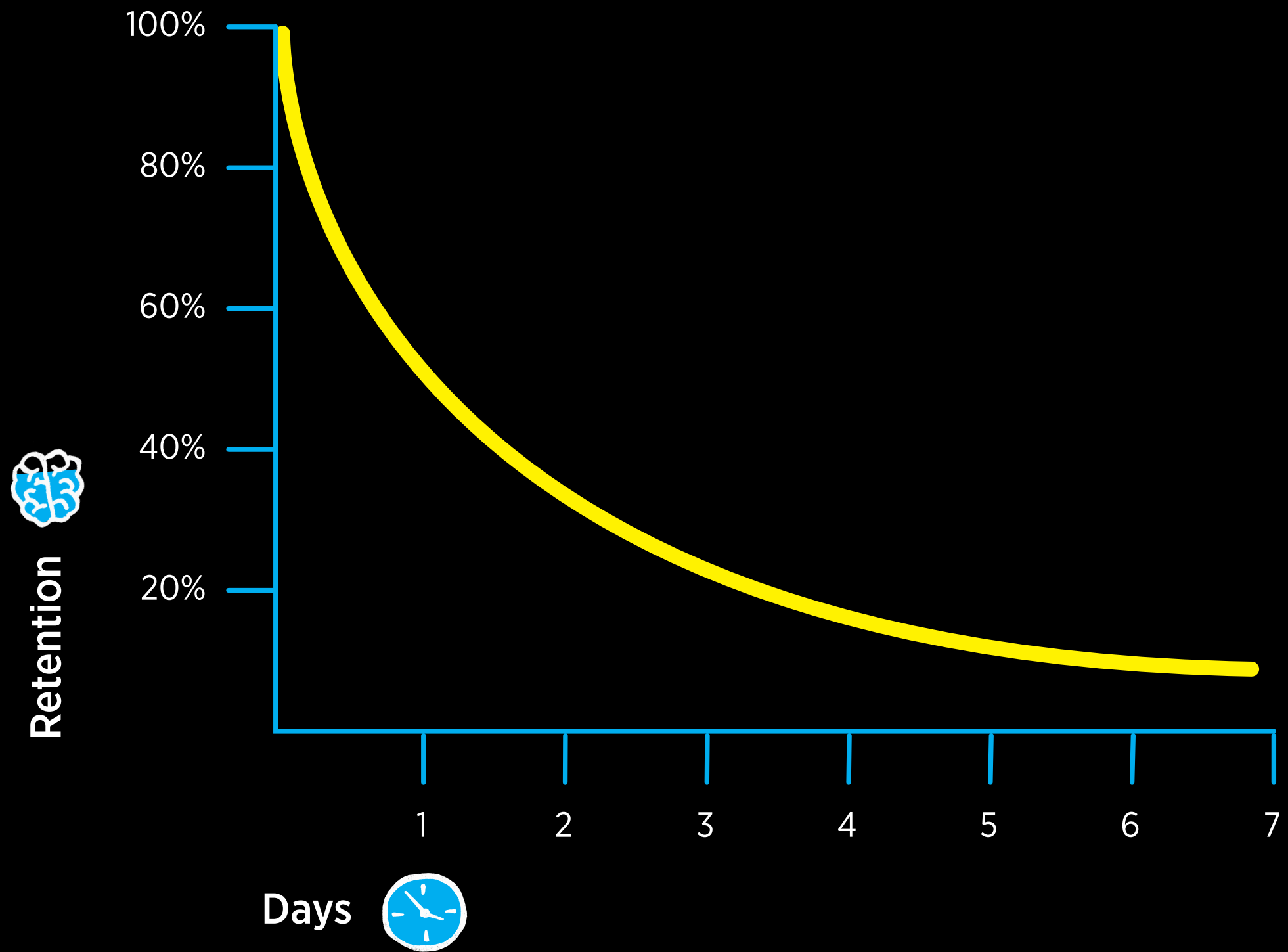


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**Only 15%
of employees
worldwide are
actively engaged
at work.**

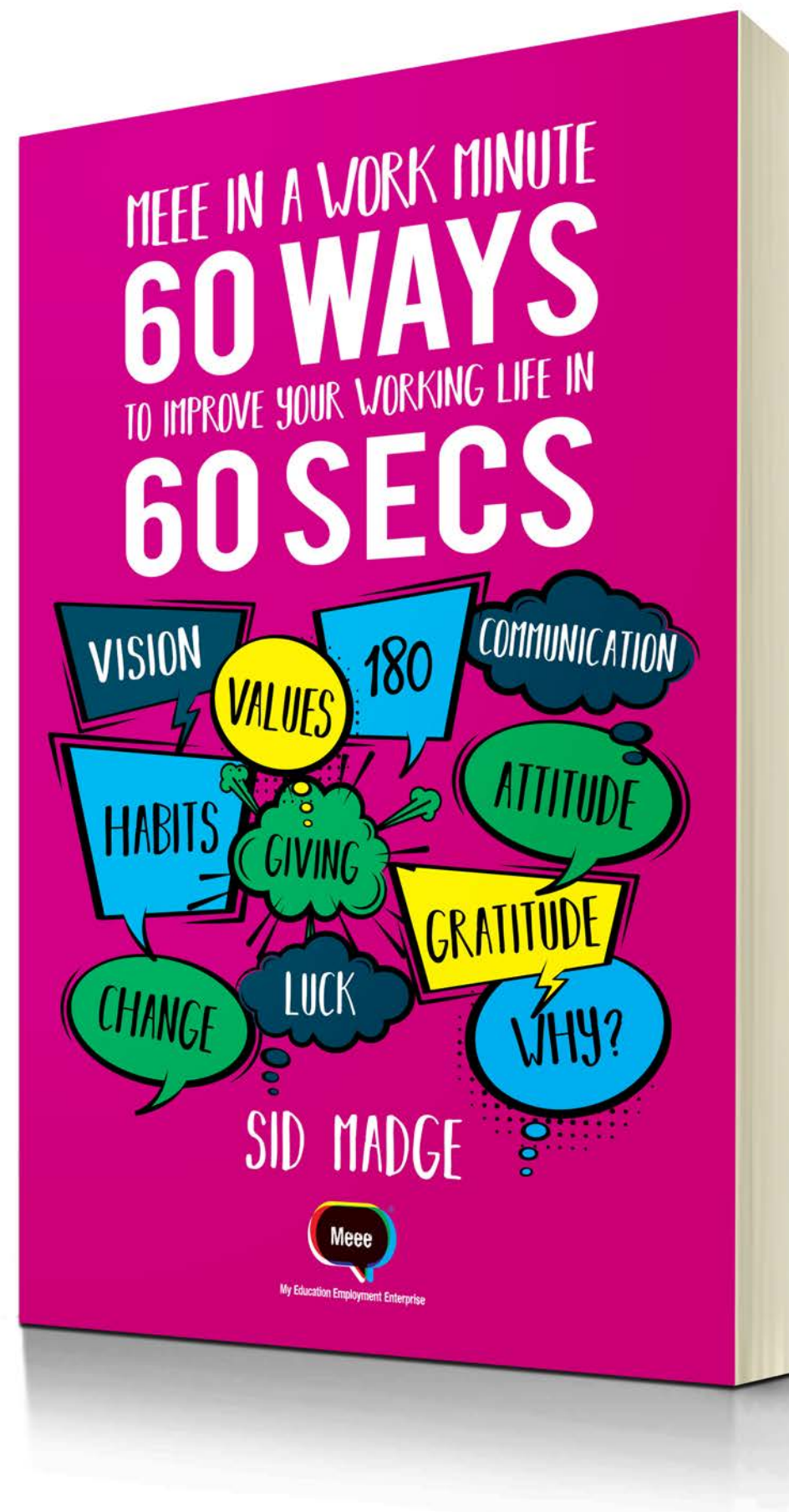
**Happy/Engaged
staff = 41% less
absenteeism,
-59% staff turnover
21% greater
profitability.**

**Nothing I say today
will be as powerful
as what you tell
yourself!**



How do you create a positive work environment?

It starts with you...





Smiling is infectious,
you catch it like the flu,
When someone smiled at me today,
I started smiling too.

I passed around the corner
and someone saw my grin.
When he smiled I realized
I'd passed it on to him.

I thought about that smile,
then I realized its worth.
A single smile, just like mine
could travel round the earth.

So, if you feel a smile begin,
don't leave it undetected.
Let's start an epidemic quick,
and get the world infected!

3 things...

?% Logic

Emotion ?%



5% Logic Emotion 95%

Maharishi University/YouTube



**Why are the
words we use
so important?**

**Emotions make
memories :-)**

Fear ←→ **Love**

Fear ←————→ **Love**

Negative

Positive

Hurtful

Helpful

Avoidance

Acceptance

Disempowering

Empowering

Anger

Joy

Dark

Light

Fear ←————→ **Love**

Negative

Positive

Hurtful

Helpful

Avoidance

Acceptance

Disempowering

Empowering

Anger

Joy

Dark

Light

Instability

Stability

‘Ideal’ vs ‘Actual’ self.

**“The choices
are always there.
It’s the decisions
you take that
really matter.”**



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**What percentage
of your time are
you typically being
your Ideal Self?**

**Your Ideal Self is
influenced by how
much you know
about yourself and
things around you.**


Perception = Ability

Perception = Ability
Think Motivation!







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Dave Kerpen fluencer
Founder & CEO, Likeable Local, NY Times Best-Selling Author & Speaker

30 Mantras to Change Your Life

March 18, 2014 |  58,286  1,153  449

 Tweet 341  Like 1.2k  +1 399  Share 6,499



Adam Braun was on the fast track to what many people would consider extraordinary success - at 16 years old, he was already working summers at hedge funds, and stood a chance at becoming a millionaire in his 20's thanks to the Wall Street high life and a prestigious job at the world-renowned Bain & Company.

But on a trip to India, he met a young boy begging on the street. When Adam asked the boy what he most wanted in the world, he simply replied, "A pencil."

That interaction became Adam's inspiration. He quit his job at Bain and with just \$25, he started Pencils of Promise, a non-profit organization that in just five years, has been responsible for funding and building over 200 schools around the world.

**Built over 512
schools in 9 years...**

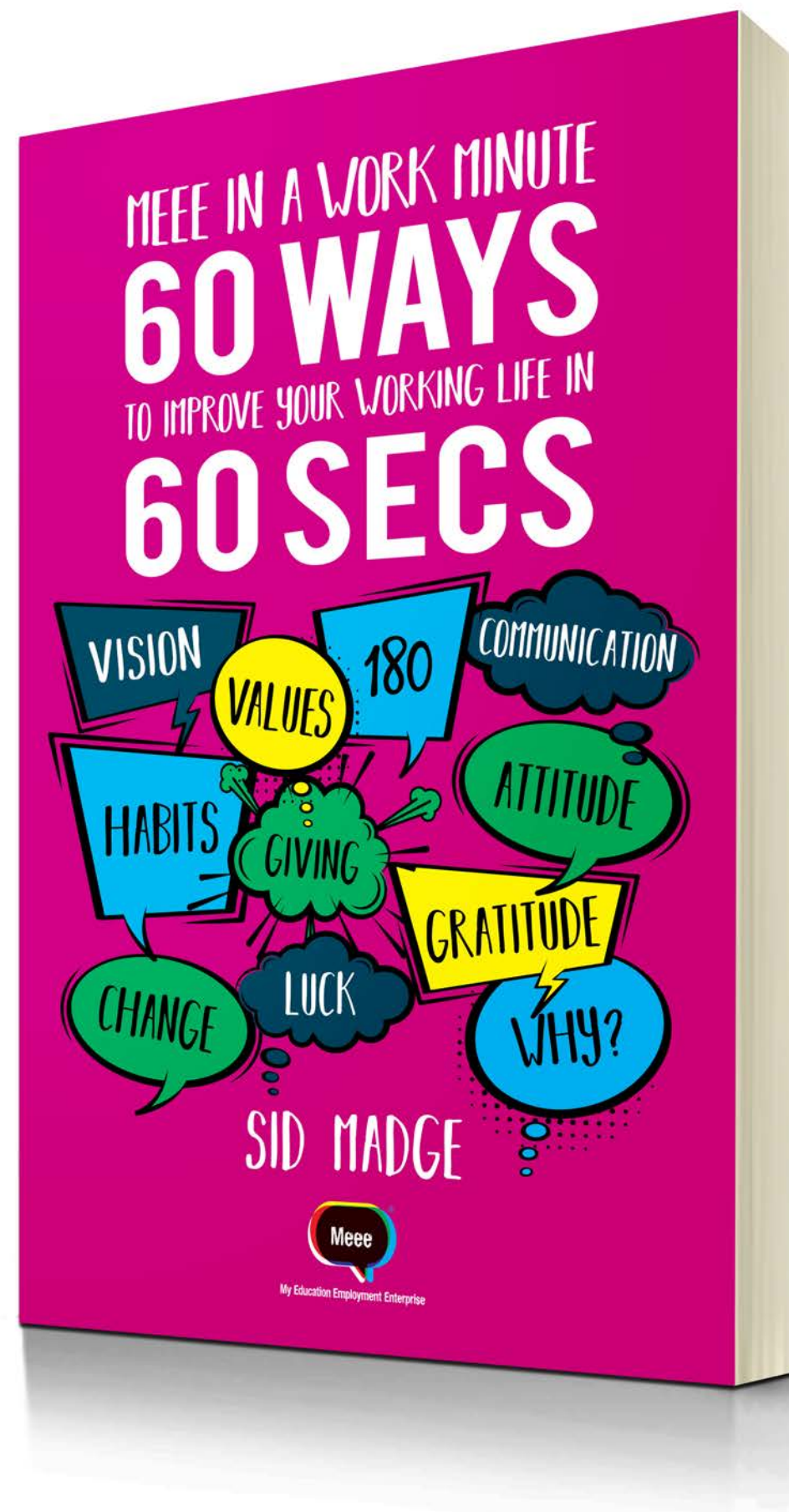
**Help over 102,215
children a day...**

**Latin America,
Asia and Africa...**

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at work.**

[https://youtu.be/
oZowDzPZDzk](https://youtu.be/oZowDzPZDzk)

Take a Minute...



Thank you for listening

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