






Long Table Learning Lunches and further Workshops:

Are you a Lifelong Learner?

Learning for life is about noticing what's happening around you. It's about identifying feelings that are invoked, sharing stories, participating in activities that help you grow, building strategies to do it different, and journaling everything along the way as a record of what was and what is ... so you can learn, grow and make *changes* in order to achieve the life you desire. Here are some workshops to get you going ...

1.	 <p>Physical</p>	<ul style="list-style-type: none">• Nutrition<ul style="list-style-type: none">○ Healthy eating• Exercise<ul style="list-style-type: none">○ Move, and move more• Workplace ergonomics<ul style="list-style-type: none">○ Stand more, sit less
2.	 <p>Emotional</p>	<ul style="list-style-type: none">• Emotional Intelligence• My Story, my mindset!• Working with conflict• Goal setting for success• Taking ownership• Feedback!• Listening with empathy
3.	 <p>Social</p>	<ul style="list-style-type: none">• Effective Relationships• The Power of Open Dialogue (a session in Communication)• MBTI™ – Get to know Self• Working with conflict
4.	 <p>Intellectual</p>	<ul style="list-style-type: none">• Leadership for the 21st Century• Train the Trainer• Communication Skills• Building emotional intelligence• Developing Teams• Safety Leadership

5.		<ul style="list-style-type: none"> • My Story, my mindset! • Creating alignment between inner and outer self • Understanding the role we play (from victim to victor) • Living my Values • KnowMe™
6.		<ul style="list-style-type: none"> • Career Development (finding my passion, creating my path) • Performance in the workplace • Developing effective workplace relationships • Goal setting for success • Developing Leaders • Safety Leadership • Computer Skills
7.		<ul style="list-style-type: none"> • Living with respect <ul style="list-style-type: none"> • A series of short workshops to enable sound behaviours for living in harmony with the environment
8.		<ul style="list-style-type: none"> • Brave Budgeting • My Financial Position • Setting strategies and saving money
9.		<ul style="list-style-type: none"> • The metaphor of Mosaics

Coaching...

Individual plans can be created to provide a customised solution to any particular need, requirement or desire.

Ongoing coaching is provided face-to-face, via telephone and on-line Skype sessions.

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Contact Di Granger @ Lifelong Learning for further information
or to bring a workshop to you.

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