

International Speaker Hall of Fame presenter Lisa McInnes-Smith has an extraordinary capacity to inspire audiences to make tangible shifts in behaviour.



Keep the Momentum Moving

Changing and creating new habits is process, If you're looking to cement new habits, keep the messages alive months post event, or provide practical tools in a format that's easy to access and share. Lisa McInness-Smith has created a series of evidoes to support you in making sure change happens:

- Facts!**
- ▶ It takes on average 21 days to cement a new habit for an individual or team.
 - ▶ Two days following a presentation, most delegate's recall only 25% of what they heard, diminishing to less than 10% after five days.
 - ▶ 58% of adults prefer to access learning materials online or on their Smart Device.
 - ▶ Video content is more likely to be shared amongst peers and revisited multiple times.

This video program can be either emailed directly to your delegates, shared by Managers, used as a team coaching tool or posted online as part of your intranet or internal learning portal.

How long do we have access to the program?

You have unlimited access to the videos once they have been received, so participants can revisit the tools as often as is required.

How many people can be given access?

The price includes delivery of the video files, which can be distribute as you wish to delegates or posted on an internal intranet.

Can we use the videos in other capacities?

Absolutely, once you have the received the videos they are your tools to use for coaching, staff training or ongoing learning.

The eight part motivation injection covers the key topics of:

1. Building Sticky Relationships

In this chapter Lisa discusses the relationships that stand the course of time; the ones that make the quality of your life feel really worthwhile. Find out ways to create relationships within your team that will make people want to stick together.

watch me...



2. Moving from Good to Great

Most of us are capable of more that we think we are, as the saying goes mediocrity is the enemy of doing something extremely well. Learn ways of helping people in your team to step up and adapt even when they are resistant to change.

3. Are you an Inspiring Leader or Expiring Leader?

Look at the ways that you as a leader can fill yourself up with information that is worth spilling out into your team. Learn to take out of the already full cup what is not needed and refilling it with new energy.

4. The Art of Stepping Up

In this chapter look at ways of upping your capacity and improving your performance & those of your team. If you can change the environment and get people to support each other every time they do step up they will have the ability to do it for longer in a more energetic and inspiring way.

5. Are you an Inspired Contributor?

Are you someone who comes to work to contribute, or do you drag yourself in, wondering what you are going to get out of the day? Lisa reminds us that our role exists because we have something unique to contribute. Challenging us to examine how we are turning up daily in our attitude, skills, contribution and strengths.

6. The Boomerang Effect

There are Boomerang's and then there is the 'Boomerang Effect'. Words and actions are like Boomerangs, what you throw out comes back to you. If you start to throw out compliments, encouragement and respect, not only will it start to come back, but you will also begin to see some major shifts in your workplace culture.

7. Sticky Teams

Are you in a team that 'sticks' together, or are you in a team that is coming unstuck? In this segment Lisa examines what makes a team stick together, growing stronger and more congruent over the course of time and provides is with some simple tools that we can use in the workplace to create more 'Sticky' teams.

8. The Leader Shift

People who are leading others need to be constantly shifting. Shifting is a matter of moving progressively and purposely from where you are now, to where you want to be in the future. Lisa shares with us the 1% improvement formula that creates long-term shifts and takes us to our greater goals.