



C3 TRAINING

Are you living the life you were born to live?

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A CONTEXT FOR SUCCESS

Our programs are about *results*. They address the top elements of success in such a powerful way that you assimilate in *short* period of time what often takes years of experience to learn.

The attitudes and abilities which allow a person to take each step in life with excellence are also those which distinguish successful men and women experiencing fulfillment in their lives. Our programs dramatically enhance these essential elements for success and fulfillment.

ACCEPTANCE OF ABILITY

Successful people seldom say, or think, that they aren't able. While aware of their personal limitations, they also realize that most things are a matter of *priority* and *choice*, not a matter of ability.

ACCOUNTABILITY FOR RESULTS

When we know ourselves to be in charge of the quality and direction of our lives, we are *empowered*. We neither blame others nor circumstances for doing it to us, nor expect them to do it for us.

RESPONDING APPROPRIATELY

The ability to respond appropriately is a significant factor in success. When we automatically react rather than consciously act, we often cancel out the results we want. By knowing ourselves better and realizing that we do have choice, we are likely to respond more appropriately, spontaneously and effectively.

PERSONAL INTEGRITY

Often people *think* they know what is most important to them. Those who are successful in the fullest sense of the word *know* that they know, and act all times in accordance with their values and purpose.

PURPOSE AND VISION

Commitment to a vivid long-term vision based on a well-defined purpose is one of the most powerful tools a person can have. Once this is in place, many of the day-to-day issues that used to consume our resources tend to handle themselves.

TRUST

It has been said that an open mind is the most empowering form of human consciousness. An open mind is a product of trust...trusts in one's self, trust in others, and trust that whatever comes to one's attention contains some opportunity. Life's big winners tend to say "yes" more often than "no".

SELF-ACCEPTANCE

When we squarely face who and how we are, and come to terms with ourselves, the *energy* available to put into producing the results we want is increased. Being comfortable with one's self is a major component of successful living. As a by-product, the level of *intimacy* in one's life increases with self-acceptance.

LAUGHTER

Genuinely laughing, especially at one's self, is one of the healthiest habits a person can develop.

EFFECTIVE USE OF TIME

It is important to know what we want and to invest our time in activities that lead to the desired result. One of the major ways to increase the amount of time we have is to handle projects and issues as they arise rather than avoiding them.

EFFECTIVE USE OF ENERGY

When we have projects or communications that aren't finished, even if it's only a book on the night table that has been there for months, or a thank-you note not yet sent, part of our energy is tied up. If there are many of these incomplete projects or communications, it is very difficult to move forward.

DISCERNMENT

Learning to sift through the facts of a situation and choosing for one's self what to do or believe are important to one's long-term success, especially in this age of information (or disinformation).



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LISTENING...AND HEARING

Listening is a skill that very few really master. Those who have display a wide-ranging sensitivity and an ability to hear what is not being said as well as what is.

UNDERSTANDING POWER

Those who use their power most effectively are those who have learned to play by the rules. Good leaders were once good followers. They have understood the nature of commitment and the value of rules – both the rules they themselves have established and the rules they have agreed to follow.

INSPIRING CONFIDENCE IN OTHERS

The ability to build people is a tremendous asset. Those who do this most effectively are those who are winning in their own lives and are self-accepting. They have no need to belittle others and are generous in their acceptance, appreciation and acknowledgement of others.

GENERATING SITUATIONS IN WHICH EVERYBODY WINS

It is a truism that we reap what we sow. The only way to truly win in life is to focus on having those around us win, not lose. On a practical as well as a philosophical level, win/win situations always prove to be best.

WILLINGNESS TO ENGAGE IN CONFLICT

The best leaders do not avoid issues. They know that unspoken grievances lead to resistance and sabotage. They recognize the value of meeting issues head-on and clearing the air.

NETWORK-BUILDING SKILLS

Strong personal and professional networks are valuable assets. They are especially important when we need a boost or to get back on track. The best time to build these networks is when we are on track.

KNOWING AND MAKING THE MOST OF INDIVIDUAL LEADERSHIP STYLES

Leadership styles vary. Every style can be effective when it is clearly identified and understood. Once recognized, the strengths of each style can be used to maximum advantage.

ABILITY TO ESTABLISH AGREEMENT

Most successful people are adept at sales. Regardless of profession or vocation, they are constantly selling themselves and their ideas. They are skilled in establishing long-term agreements with others.

EAGERNESS TO MOVE AHEAD AND EXPLORE THE UNKNOWN

On old maps the unexplored regions were labeled “terra incognita” or “there be dragons” or simply “more beyond”. The optimism expressed in “more beyond” is the hallmark of those who know that the achievement of excellence in life is an ongoing process involving the continued expansion of boundaries.

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