

# McGrane



## Global Centers

Developing People and Growing Businesses  
*Tools and Teaching for Transformation*

### **Move Into Your Greatness**

This is a 5-day and 4-evening intensive program. The first two days includes the Making It Happen information. Once there is a foundation set, the remaining three days we move out into the community for an even more experiential experience to help the women integrate what they have learned into their lives. This assures that the learning tools will be applied for a lifetime and not be just a short-term fix. They discover who they were designed to be, so they feel comfortable in their skin. They heal all of the emotional wounds of the past that created obstacles to them getting where they want to go. They discover what makes them unique and their unique factor that leads them to their destiny. They learn how to create that destiny on an ongoing basis.

Much more time is spent one-on-one in processing them through trauma that may have occurred any time during their lifetime, teaching them to remove belief systems that might be attached to this trauma that are holding them back. Discovering patterns of behavior that would lead to poor decision making that may be on an unconscious level, particularly in the areas of trust of themselves and others. Much more time is spent in how to freely express themselves in healthy ways including expressions of anger and even being aware of their own anger. More time is spent in learning how to develop healthy relationships in all areas of their life.

For those who have health issues, we go over the connections between increased stress and physical ailments. They learn the ways their body responds to stress and how to reduce the anxiety that creates the illness. Many times attendees report such things as depression, chest pain or headaches and other pain caused by anxiety, actually go away by the end of the five days. For those who may have addictions, we get to the core of what caused the addiction in the first place. Once that core emotional event is healed, it allows them to release the addiction much faster and more completely.

Support groups are formed with the attendees from each program. This support system allows them to move forward and to keep each attendee accountable to what they say they want to have happen in their lives.

They will develop a greater understanding of who they are and appreciate the differences in who others are so they can develop their full potential. Everything is experiential so it is all connected the mind, body and spirit.

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## TOPICS

- 1) all topics for the 2 day Making It Happen
- 2) the art of listening
- 3) the art of people reading
- 4) the art of conversation
- 5) the art of the briefing
- 6) storyboarding
- 7) the art of asking questions
- 8) the sequence of persuasion
- 9) presentation skills
- 10) D. I S C personal profile
- 11) T. I C S values profile
- 12) listening profile
- 13) learning style profile
- 14) NLP neurolinguistic programming
- 15) processing
- 16) networking
- 17) journal writing
- 18) superlative communication skills
- 19) self-esteem principles
- 20) personal power
- 21) balance
- 22) outcomes
- 23) the power of your voice
- 24) self talk versus internal dialogue
- 25) two minute presentations
- 26) discovering their unique factor
- 27) career direction
- 28) career success
- 29) creating an ideal affirming self-esteem lifestyle
- 30) enhancing thinking on your feet
- 31) listening to your intuition
- 32) motivation profile

## OBJECTIVES FOR THE MOVE INTO YOUR GREATNESS PROGRAM

- 1) They will learn how to give feedback to someone and become skilled at doing it.
- 2) They will learn how to affirm someone and become skilled at doing it.
- 3) They will learn how to debrief.
- 4) They will learn how to achieve programming their brain for what they want to have happen and the outcomes they want.
- 5) They will learn how to do what is required to achieve their objectives and get instant feedback when they are off target.
- 6) They will learn how to build affirming life patterns changing the patterns that don't work.
- 7) They will develop an individual purpose.

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- 8) They will learn what their learning style is and how to use their learning style to learn more efficiently.
  - 9) They will learn how they access information and how other people access information so they can connect more completely and build relationships at a deeper level.
  - 10) They will learn how to listen, what they're listening style is, and how to listen to other people as well as themselves.
  - 11) They will learn what their needs are and how to obtain them.
  - 12) They will learn what their personality style is and how to use it to effectively communicate and build relationships.
  - 13) They will learn what their values are and how to identify others values.
  - 14) They will learn how to identify other personality styles and communication styles so that they can adapt effectively in their personal life and business life.
  - 15) They will learn what their mastery attributes are, what their support characteristics are and the key to developing more flexibility.
  - 16) They will learn how to motivate themselves and others.
  - 17) They will learn how to use the language of and speak to a visual learner, auditory learner and feeling.
  - 18) They will learn how to make decisions based on their values, know when they are off base, and how to get back on track.
  - 19) They will learn how to enhance their own performance.
  - 20) They will be given their own unique factor and how to take their uniqueness out into the world.
  - 21) They will learn how to read people so that they can develop meaningful healthy relationships.
  - 22) They will learn how to create an environment of acceptance.
  - 23) They will learn the art of asking questions and spend significant time becoming very skilled.
  - 24) They will develop total unconditional acceptance for themselves and others.
  - 25) They will learn how to build intimacy in family relationships.
  - 26) They will learn how to build trust in themselves and others.
  - 27) They will learn how to deal with anger and dissipate it in a healthy way.
  - 28) They will learn to express themselves freely being able to speak what is true inside of them.
  - 29) They will learn how to get attention and give attention in a healthy way.
  - 30) They will learn how to work through conflict in situations so that both sides win.
  - 31) They will learn how to give empathy to someone in their grief and pain without being caught up in it themselves.
  - 32) They will learn how to bring themselves and other people into aliveness and joy being fully engaged in life.
  - 33) They will learn about their blind spots.
  - 34) They will learn selling and marketing skills.
  - 35) They will learn presentation skills.
  - 36) They will learn persuasion skills.
  - 37) They will learn what drives themselves and others as well as their basic needs.
  - 38) They will learn about the six levels of communication what they are and become very skilled in using all six levels.

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- 39) They will learn about behavior and how to change behavior when they want to.
  - 40) They will learn how to love themselves and others.
  - 41) They will learn how to create stem questions so they can communicate the matter where they are.
  - 42) They will learn the five barriers to communication and how to eliminate them.
  - 43) They will learn 12 tips for and become very skilled at superlative communication.
  - 44) They will learn about the five levels of questions, where and how to use them most effectively. They will become very skilled at asking questions.
  - 45) They will learn how to win active support for a cause or create favorable interest in a group.
  - 46) They will learn to dissipate or lessen hostility.
  - 47) One on one they will address challenges that are in their life when they go home and develop a plan of action for those challenges.
  - 48) They will learn about emotion management.
  - 49) Teaching them to now be mentors to others, so they themselves can constantly grow. This way the ripple effect takes place; one person's life affects 250 others.
  - 50) They now have a life of love, peace, joy, of hope and restoration, forgiveness and healing emotionally flowing out to the world where before their life was hate, violence, oppression and depression.

## MATERIALS

Move Into Your Greatness includes all the Making It Happen binders, materials, and all of the profiles, hand outs and assessments for each person, plus other exercises that were in the Making It Happen two days. There will be a brand-new binder of material for Move Into Your Greatness, there are 5 professional outside profiles that, if done separately with other organizations, would cost thousands of dollars per person to take and have results interpreted.

These include:

- 1) D I S C personality profile
- 2) T I C S values profile
- 3) Learning style profile
- 4) NLP motivation profile
- 5) One on one interview time, getting your unique factor
- 6) Listening profile

## EVALUATIONS

Before the program begins there will be a set of assessment questions and evaluation questions as to where each person is at that time. At the end of the program another set of assessment questions and evaluation questions will be given. This will help determine what improvement was made and where, and demonstrates proof of progress for each person.

