



COMPASS CONSULTING GROUP

TITLE: "SHUT UP PAMM"

CLIFF NOTES: RAISES PARTICIPANTS AWARENESS + HELPS THEM NAVIGATE THEIR INNER TALK

WHATS IN IT FOR YOU

- **SKILLS NECESSARY TO BE YOUR BEST SELF**
- **FIND ALIGNMENT WITH YOUR PURPOSE AND NOT ALLOW FEAR TO LEAD YOUR DECISION MAKING**
- **GAIN CONFIDENCE + CLARITY AROUND SELF LEADERSHIP AND DIRECTION**

HOW MUCH TIME IS IT GOING TO TAKE

THIS WORKSHOP IS OFFERED IN: 4 + 8 HOUR SESSIONS

EXTENDED OFFERING CREATES SIGNIFICANTLY DIFFERENT HANDS ON PRACTICE IN THE WORKSHOP WITH DIRECT FEEDBACK + COACHING FROM YOUR COMPASS CONSULTANT.

WHAT ARE YOU WALKING AWAY WITH

1. **ABILITY TO UNDERSTAND WHO AND WHAT IT IS THAT CONTINUES TO HOLD YOU BACK.**
2. **AWARENESS + SKILLS NEEDED TO TELL "PAMM" TO SHUT UP!**
3. **WORKSHOP MATERIALS FOR CONTINUED USE OF THESE CONCEPTS**
4. **CERTIFICATE OF COMPLETION**

EXPECTATIONS

THIS WORKSHOP IS DESIGNED FOR PEOPLE WHO ARE READY TO DIG DEEP. THIS WORKSHOP IS MOST VALUABLE WHEN YOU ARE WILLING TO SURRENDER TO HONEST REFLECTION AND ALLOW YOURSELF TO TRULY BE PRESENT. PARTICIPATION AND ENGAGEMENT ARE EXPECTED FROM ALL PARTICIPANTS. GET READY TO TELL PAMM TO SHUT UP!