

# How to Move From Your NOW to Your WOW

A Practical Journey From Where You Are Now to Where You'd Rather Be



Every day, the wars of our world are beamed into our lounge rooms along with the never-ending reports of crime and carnage, of economic doom and gloom, natural and man-made disasters so is it any wonder many women experience the fear of loss?

Loss of their youth, loss of their freedom, loss of love, loss of health, mobility, vibrancy and loss of their very identity can cause women to think their productive years are at an end.

*Nothing could be further from the truth.*

## **PART 1: NOW I'm Here**

- A reality check - discovering our true values
- The power of the words we choose to use
- The Burnt Chop Syndrome - we train people how to treat us

## **Part 2: HOW I Got Here**

- Our beliefs determine our results; if only we knew what they were.
- The two most common beliefs people have about themselves.
- A practical activity demonstrating how we've created our current life and how we can make better decisions to create a better one.
- The curse of the comfort zone

### **Part 3: WHAT I Want**

- Working out your WHY
- Unpacking your power Statement
- Why you will never get what you want if you do this

### **Part 4: WILL Take Action**

- The fortune is in your feelings
- It's not what you say, it's how you say it
- Why you need to be good at giving feedback
- Women don't ask and why you should

### **Part 5: WOW a Celebration**

- The words you speak become the house you live in
- Life is short, buy the shoes
- A different reality check
- The meaning of life



**Victoria Rose is an Alignment Strategist** who works with people to help them map out a life in alignment with what they truly value.

During the last decade of presenting corporate Leadership workshops to over 12,500 participants, she developed deep insight into why people do what they do.

Victoria specialises in providing managers with the Leadership training they never got but are expected to know.

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Since the 2008 launch of *The Leadership Voice Workshop for Women*, Victoria's workshops have included *Get Into The Driver's Seat*, *There is No Use-By-Date* and *Over 50 STILL Fabulous*.

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She is the Amazon Best Selling Author of *How to Make The Rest of Your Life The Best of Your Life: Tough Love for Smart Single Women over 60*

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