

Jenny Garrett

Executive Coach and Leadership Trainer
Inclusion, Gender Balance, Leadership



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Making Things Happen Your Way - with a Winning Mindset



- Wintrade – Women Trailblazer Award – 2019
- Awarded highest honorary Award of Companion from Institute of Leadership & Management - 2019
- Entrepreneur in Residence – University of Westminster - 2018
- We Are the City Rising Star – 2017
- Freeman – Guild of Entrepreneurs, City of London – 2017
- Brummell Top 30 City Innovator 2016
- Rocking Ur Teens 2015
- APCTC Women's Coach of the Year 2014
- LinkedIn Top 10 Power Woman 2013
- Author Rocking Your Role 2012
- Business started 2006



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Vevox Question

- What happened, why did the pen change direction?



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What happened?



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Vevox Poll

Who here uses visualization to help achieve their goals?

Yes

No



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VISUALISE ACHIEVING



KEEP YOUR PROMISES



DEVELOP EXQUISITE CONNECTIONS



Vevox Question - Word cloud

Think of the first colour that comes to mind



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Vevox Question – Word cloud

Think of the first piece of furniture that comes to mind



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Vevox Question – Word cloud

Think of the first flower that comes to mind



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6 A's



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1. Approve of You

'Be humble enough to know that you are not better than anybody else, and wise enough to know that you are different from the rest'



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- P = P - I
- Dispute
- Only compete with you



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2. Attend to what is Important

*'The man who chases two
rabbits, catches neither'*



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- Stop Multi-taking
- Learn to say No
- Connect with your Why



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3. Attract Opportunities

‘Opportunity dances with those already on the dance floor’



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- Give & Gain
- Relationships
- Live Your Brand



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4. Awareness of Self

'She who knows others is wise, she who knows herself is enlightened'



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- Feedback
- Journaling
- Psychometrics



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5. Articulate Your Story

'Every idea that you hold passionately has a background in your personal experience'



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- Know your story
- How have I become who I am? Natural, Struggle, Finding a cause, Learning from experience



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6. Act Confidently
*'Confidence comes
after the act'*



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- Risk Being You
- Play the Opposite
- Keep a record of positive feedback about your competence.



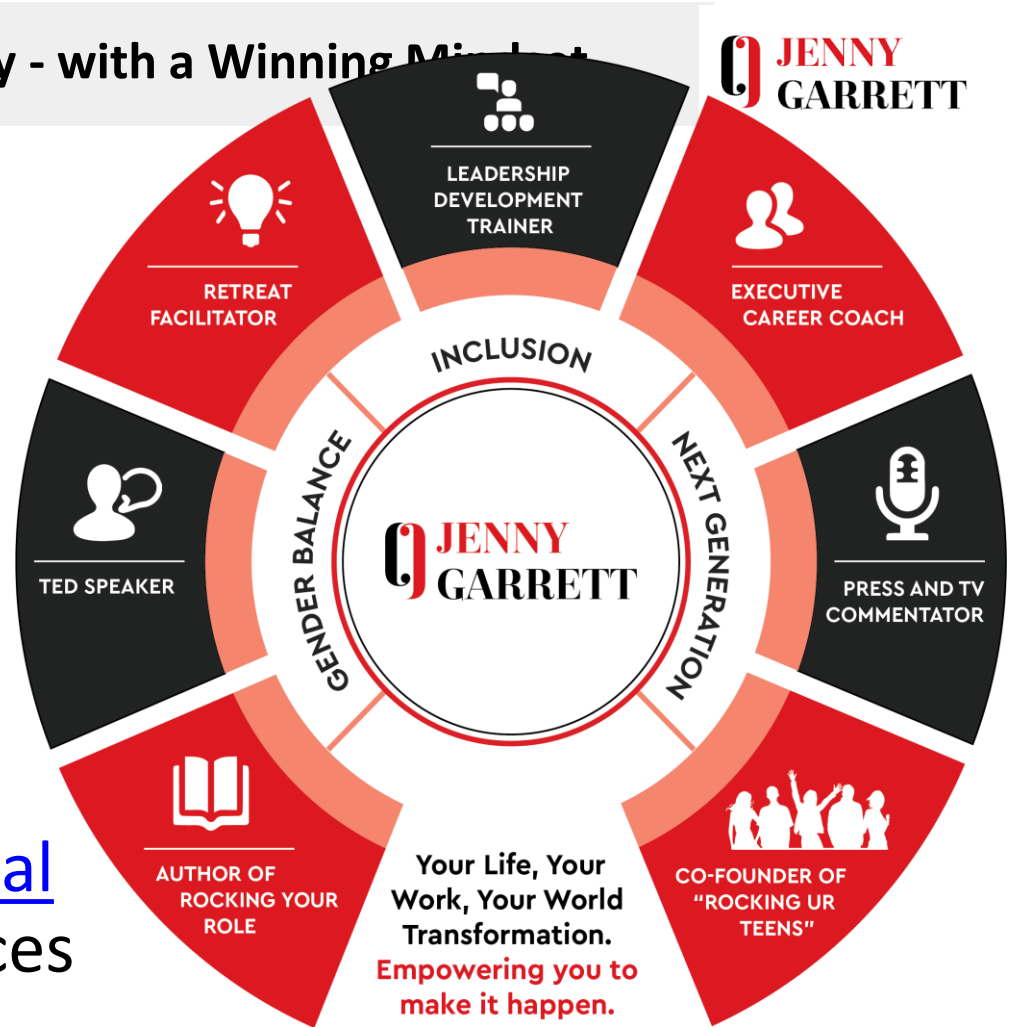
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The 12 Essential Qualities of Good Leaders



ROCKING YOUR ROLE

The 'how to' guide to success for female breadwinners



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The Happenista Project

Online programme for busy women who want to develop themselves, achieve their goals and craft the life they want.

★★★★★ 4.4 (37 ratings) 467 students enrolled

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What you'll learn

- Nurture an Attitude of Gratitude
- Define how you will achieve your goals through intentional thinking
- Construct how to 'Ask' not just give support
- Use technology to accelerate your career, via blogging, social media etc
- Feel empowered and inspired to craft the life you want
- Confidently network for success

Requirements

- You should set aside an hour a week to watch the video, work through the follow up activities, think and reflect on your learnings and contribute to the secret online Facebook group.

Description

This 12 part course is for women who want to create the life they've dreamed of, their way. It will help you to grow and develop your skills and challenge you to step outside your comfort zone and take action. You simply need to commit 10 minutes a day or an hour a week and have an open mind.

It consists of:

- 12 short video sessions with Jenny and other experts, each covering a separate topic
- 12 worksheets with activities to work through after watching each video, to prompt your thinking and reflection
- Access to additional webinars
- Option to join the secret Facebook group to ask questions, share your successes and build your

<https://www.udemy.com/course/the-happenista-project/>

Coupon Code = SDF2019

Free if you register by tomorrow midnight



Believe You Can Fly
and Your Winning Mindset
will
Make it Happen!



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