



11 Principles *for* Personal and Professional Growth

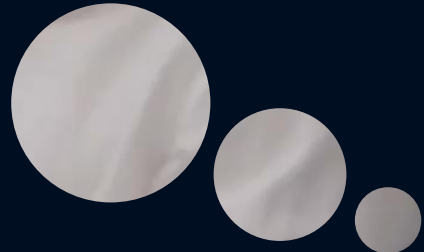
Self-Development for Navigating the Industry and Beyond



Dealing with Obstacles



A Personal Story



The 11 Principles

1. Take a Personal Assessment
2. Grab a hobby or volunteer – unrelated to your professional life
3. Participate in a speaking/presentation class – no matter who you are
4. Get in person as much as possible
5. Do ONE thing you never ever did before
6. Take a class outside of your comfort level
7. Never underestimate the power of positive thought – WATCH the Secret movie
8. Take Vacations/Staycations
9. MANIFEST the ends – not the means
10. Mental and Physical Exercise
11. Become YOU SQUARED (You²)

01

Personality Assessments





Get a Hobby or Volunteer



Coach a Youth Sports Team



Visit the elderly



Read or Write



Get Creative



Take a Cooking Class



Help at a shelter

03

Participate in a Speaking or Presentation Skills Class





Do One Thing You
Never Did Before

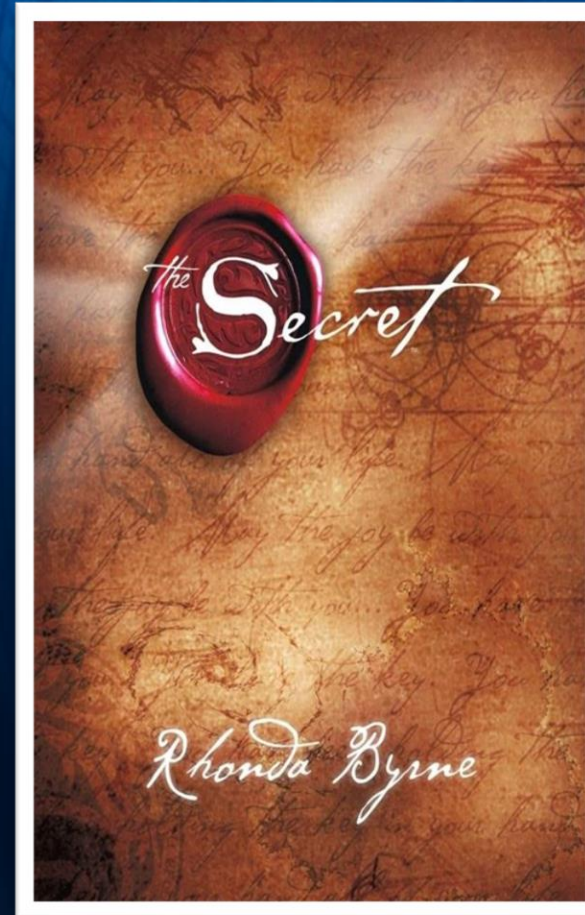
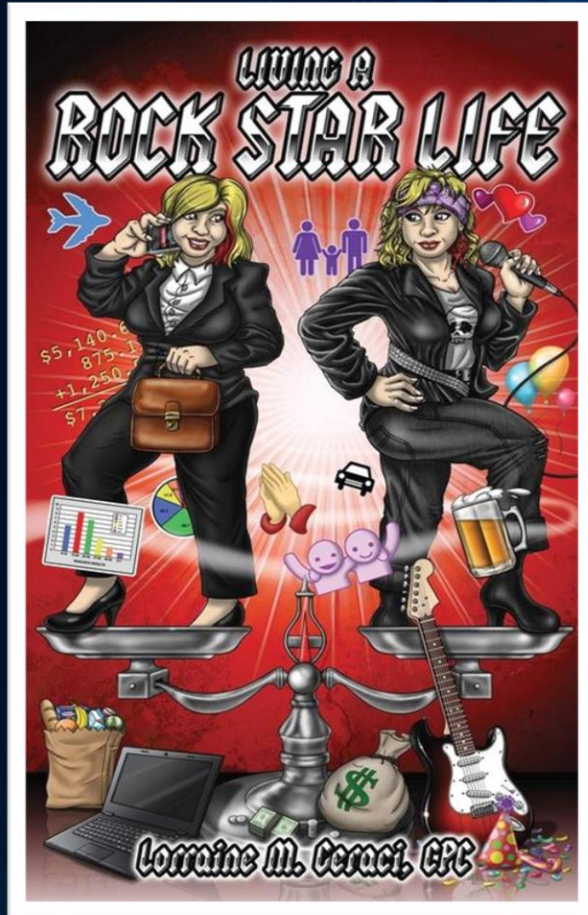
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Take a Class Outside of Your Comfort Zone



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The Power of Positive Thought





Take Vacations/Staycations

“The more vacation time, the stronger employee performance. To put a figure on it, for every 10 hours of vacation employees took, there was an 8 percent boost in their performance review scores.” - Ernst & Young

09

Manifest... the Ends Not the Means

You don't have to know how you are going to get there.

But you need to know where you want to go.

Did You Know?

Research published in the American Journal of Preventive Medicine has suggested that individuals who engage in regular moderate-intensity physical activity can extend their lifespan by an average of **3.4 to 4.5 years**.

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Become You 2 – Quantum Leaps



11:11



Share a Growth Story

Please feel free to share a quick story of what you have done to grow



Thank you for being here

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Let's Connect!

