

THE POWER STRATEGY ~ OVERVIEW ~

Kim Christiansen Productivity Coaching



Introduction to the P.O.W.E.R. Strategy

These days, we see rapid change all around us. Sometimes those changes are propelling us to adapt in a way that makes our lives better. And sometimes those changes might leave us feeling unsettled, confused, and ineffective. This program will help you navigate these times of exponential change.

If you are a fan of videos, now would be a good time to watch the “Introduction to the POWER Strategy” video.

We are about to embark on a journey together. You are the driver and the navigator, and I will be your guide. This program will provide you with the roadmap and the support to help you learn how to monitor and correct your own progress, with less buffering by the winds of change.

The P.O.W.E.R. strategy is your roadmap to the 5C Productivity Mindset: clarity, confidence, control, certainty, and calm. With the 5C Productivity Mindset, you can achieve any goal that you set out for yourself.

The graphic features a dark blue background with a black header bar. The title 'POWER Productivity Strategy' is in white, with 'Kim Christiansen Productivity Coaching' in a smaller, italicized font below it. A table lists skills, milestones, and tools.

<u>SKILLS</u>	<u>MILESTONES</u>	<u>TOOLS</u>
1. Thought Management	Clarity	P - Perspective
2. Emotional Management	Confidence	O - Ownership
3. Time Management	Control	W - Weekly Plan
4. Attention Management	Certainty	E - Engagement
5. Change Management	Calm	R - Reflection

Perspective Thought Management

The first milestone on your journey is clarity. Clarity is achieved through thought management. It is at this stage that you will determine what is important to you and where you would like to go.

We will start with an awareness of where you currently are and what direction you are headed. The most important tool at this stage is **Perspective**. Perspective, coupled with compassionate acceptance, is the gateway to insight. Your coach is your guide to helping you gain this perspective. With the support of your coach and armed with compassionate insight, you are then able to navigate in the direction of the life that you want. You will gain an awareness of choice and how to make POWER decisions. This will provide you with even greater clarity over your priorities and increase your energy.

Ownership Emotional Management

After you have gained clarity about where you are and where you want to go, the next milestone is confidence. Confidence is gained through emotional management. At this stage, you will learn how emotional **Ownership** will help you to gain the confidence necessary to pursue your dreams.

Weekly Planning Time Management

At this stage of the journey, you will shift from a place of reactivity to a place of proactivity. Becoming proactive with your time through this Time Management module will enable you to exercise control over your schedule. Control is built upon your ability to set the intention, as well as your ability to respond to change.

Armed with this control, you will develop your itinerary through the '**W**Weekly Planning' tool. At this stage, you will experience more control over your schedule, allowing you to get more done, in less time, with more energy.

Engagement Attention Management

It is in this '**E**ngagement' stage that you will learn the power of attention management and how to follow-through. After preparing the plan, you will need to get in the vehicle and actually

start the trip! At this stage of the trip, you might feel hesitant to actually get started. The milestone at this stage will be developing certainty. With certainty, you will develop the ability to maintain motivation and focus.

Reflection Change Management

And finally, the focus of the Change Management module will be your ability to embrace change and cultivate your growth mindset. A key tool in this process is **R**eflection. Monitoring your progress will result in calm productivity. At this stage, there is also a recognition that the journey is all about the experience of the trip, rather than arriving at a destination.

The **P.O.W.E.R. Strategy** is defined as follows:



Change can be difficult to navigate, mostly because our brains are hard-wired to efficiently complete many of our day-to-day tasks habitually on auto-pilot.

However, although challenging, it is not impossible to change the 'wiring' in our brains in order to drive change in our lives. After a period of repetition, we create new neural pathways in our brain and what was once foreign to us now becomes habit.

The P.O.W.E.R. Strategy will help you to adapt to change and to build the life that you want. If you are in a place in your life where you are feeling unfulfilled, and you want to start driving the changes in your life, then the P.O.W.E.R. Strategy will provide an approach to getting you to where you want to be.

Learning this strategy will require an investment of your time:

- **Time to understand** the concepts, and
- **Time to practice** applying them to your life.

However, in exchange for that investment, you will reap the reward of a richer, happier, and more fulfilling life. You will discover increased emotional strength and greater self-reliance. And you will see an increase in the quality and effectiveness of ALL of your relationships; most importantly the relationship with yourself.

When practiced, applying this strategy to your life will be empowering. You will learn to take control over your effectiveness and you will notice an acceleration of personal development and improvement. Give yourself the gift of time for candid reflection and self-compassion as you work through this material. You deserve it!

The P.O.W.E.R. Strategy is a framework based on universal concepts and principles such as design thinking, Lean methodology, psychology, and human behaviour. The value of organizing the information into this framework is that it provides a systematic approach for taking abstract principles and translating them into a concrete plan for you to apply to your life in order to reap the most reward as efficiently as possible.

Intellectually, the principles can be grasped quickly. It is through **the practice** of applying the principles to your life that develop an emotional understanding that will become richer and deeper over time. For that reason, I recommend that you work through the workbooks at your own pace. You will likely find yourself coming back to certain areas over and over again. And the real learning will come from the insights gained through the self-reflection and coaching.

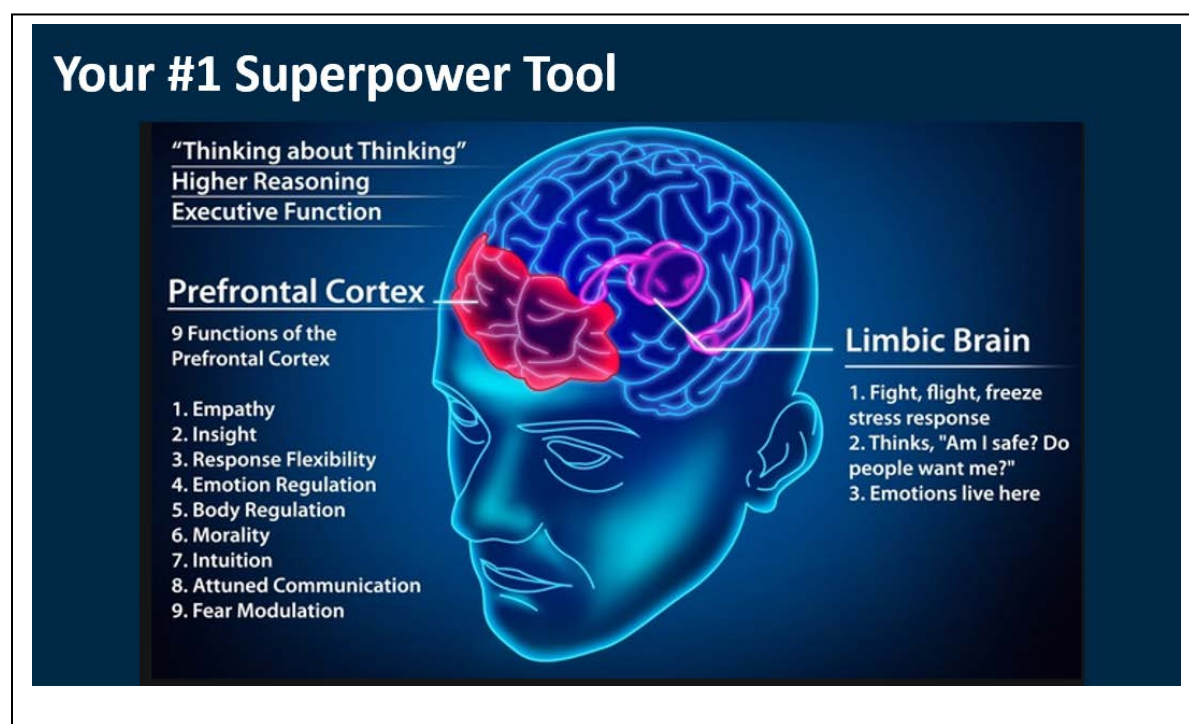
Additionally, we will be exploring the Power Tools required to take you to the next level. These tools, or capabilities, are really meta-skills that will have broad application to all areas of your life.

In addition, each month we will take a concept and take it to another level. As you go through this process, take your time and have patience with yourself. You are investing your precious resources of time, energy, and money into your most important asset: your brain! You will be

developing meta-skills that will apply to all areas of your life, not just your productivity and energy levels. Any change that profound, having that much of an impact over all aspects of your life, will be a much richer reward far exceeding the initial investment. As you pursue your goals, you will start to recognize that it is who you are becoming in the pursuit of the goal that has the real value, not the achievement of the goal itself.

Living An Intentional Life

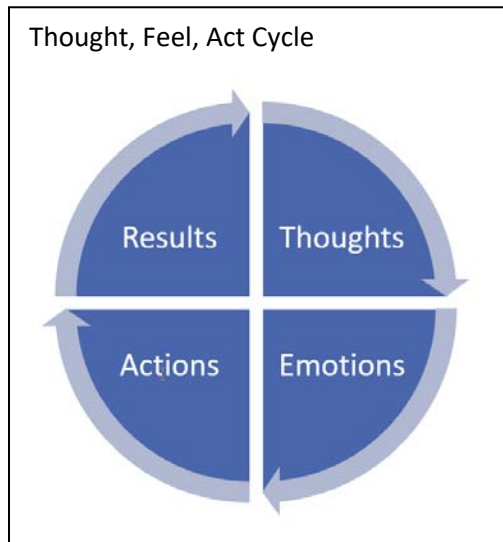
Your #1 productivity tool is your brain; specifically the prefrontal cortex. With the POWER Strategy, you are going to learn to enhance the natural abilities of your prefrontal cortex in order for it to become a POWER tool that you use with precision and focus.



Most productivity programs focus us on changing actions and behaviours without addressing the underlying thoughts and emotions which are driving those actions. An awareness of your unconscious thoughts will allow you to become more intentional with your life. With intentionality, you can modify those limiting thoughts to create the result that you want, even creating more time and energy. The more deliberate you are about creating your thoughts, the better that you will be at creating the results you want.

Thoughts and Emotions Cause Actions. Actions Create Results.

You are currently creating your results in your life with your perspective. Your perspective shapes your thoughts, feelings, and actions, and ultimately your results.



This is the **best** news!

The knowledge that you are creating your own results, is also the knowledge that you can change your results, if you want to. The P.O.W.E.R. Strategy will help you to become more intentional in creating the life experience that you want.

The present moment can be used intentionally to dream, plan, create, or appreciate. Sometimes the present moment is used to reflect on or relive the past through memories. And sometimes it is used to visit the future, creating a visual of what we hope (or fear) it could be.

Some of us may be afraid to dream, let alone work towards making that dream a reality. We might be afraid to articulate what we truly desire; thinking that it is selfish to dream when there are so many other things and people to be taken care of. Or we may just think it is a waste of time.

For me, I would often escape the present moment altogether in an attempt to avoid feeling something negative. This could look like overeating, overdrinking, overworking, overspending... Basically overconsuming; robbing me of my opportunities to produce. This is true for so many of us who live our lives unconsciously and let the days, months, and years slip by until we get to a point in our lives when we start to wonder where the time went.

Through study and practice, I have learned to retrain my mind to cultivate the results that I want to achieve in my life. Most importantly, I have taught myself to not fear or avoid the experience of negative emotion.

When we are willing to feel negative emotion, there is nothing that we can't handle.

You can choose to design the life that you want and create the results that you want. Working toward your vision for your life is not selfish, nor is it a waste of your time. Living into your purpose is the key to peaceful productivity, personal joy, and fulfillment.

“There has been nothing more empowering than the realization that I don't have to think thoughts that bring me pain.”

~ Jill Bolte Taylor

If you haven't already, now would be a good time to watch the “Coaching Basics” video.