

*****TIME TRAPS AND TIME TRANSFORMATION*****

Dear MBA Classmates

I have a vision of helping MBA students to reach their full potential, to be able to seek out their career goals, change careers etc.

Unfortunately, most courses are not focused on helping you to think about and equip you with the practical steps to make a change, or to even contemplate the payoffs and pitfalls of making a change. I assume that many you have joined the MBA programme to make a change in your life.

It is your life and no one cares more about your life than you. So don't leave it to chance, please take about 90 minutes to go through my practical steps of thinking about and managing your transition to full potential. In this session I will talk about managing your career transition under the heading of time traps and time transformation. I mention "time" because our life - no matter what we want - kind of revolves around it. But how come everyone views time differently. I will unlock this mystery in this session. The session will include practical steps such as speed thinking, speed career steps and even speed fitness.

My short Bio - I have had seven full time jobs in my career, been fired five times and voluntarily left two times.

You want to meet your full potential then I will see you Friday night at 6.30pm in Admiralty Centre.

Date: 10 February 2012 (Friday)

Time: 6.30pm -8.30pm

Venue: B12, Admiralty Town Centre

Topic: Time Traps V. Time Transformation: The Key to your Career Success

Sincerely

Neale

Time traps and time transformation

By Dr Neale O'Connor FCPA

YOUR FIRED! - MY SPEED BIOGRAPHY

1. Career transitions!

- a. **SPEED IDENTITY – MEET AND ? ******
 - i. Introduce yourself – My name is , I live in, I am a.....
 - ii. Your identity.....
- b. **CARD ******
 - i. What do you do?
 - ii. What is it that you really want? **BIG IDEA - What is your cause?**
 - iii. What is your vision?
 - iv. What are your fears / limitations?
- c. **Career transitions**
 - i. Career anxiety, Career analysis, Clarifying career options

2. The secret to all fast results

- a. **SPEED EXERCISING - BREATHE ******
 - i. How do you feel?
- b. What is time?
 - i. Thought and emotion
 - ii. **BIG IDEA – How to bend time without deadlines**
 1. Recall when you were last under the deadline – what happened – you bent time.
- c. Feeling frustrations to focused fortune
 - i. List your frustrations and fortune focuses
 - ii. **BIG IDEA – Circle of influence versus circle of concern**
- d. How do you really know what you are committed too?
 - i. Look at your actions and results
 - ii. **BIG IDEA – Massive action circle**

3. How to double your personal productivity? – overnight

- a. Returning to the alignment of your thoughts and emotions
- b. Time versus comfort
- c. **Time card to help find what you love to do.**
 - i. **BIG IDEA – Adding purpose to your planning - without purpose ... why plan?**

4. Teamwork for time freedom

- a. **SPEED THINKING**
- b. **BIG IDEA - Only do what only you can do**
 - i. **What are your limitations?**
 - ii. Circle of your organization
 - iii. Delegate and leverage

My Identity Passport to Success

<p>A. Identity <i>My name is:</i> <i>I am a...</i></p> <p><i>I am known for my ability to</i></p>	<p>B. Vision <i>My mission is to...</i></p>
<p>C. Purpose <i>By doing this job I get to enjoy more...</i></p> <ul style="list-style-type: none">- <i>Significance</i>- <i>Variety</i>- <i>Certainty</i>- <i>Love & connection</i>	<p>D. Purpose <i>I am willing to take massive action in order to...</i></p>
<p>E. Conditioning – internal leverage Focus questions <i>I am excited to/about</i></p>	<p>F. Conditioning – internal leverage Peak flow process <i>I remember the last time I felt passionate / alive / excited beyond anything was when...</i></p> <p>I need to create internal leverage by <i>Pain of denial Pain of regret</i></p>
<p>G. External Leverage <i>Build a team - My limitations are....</i></p>	<p>H. External leverage <i>My influential peers are...</i></p>