



WELCOME FaBers!



FaB Webinar 1

Self-Discovery 101

Know yourself, like yourself



Amanda Alexander

Aged 30 (+10)





Coaching



Mums



Coaching



Mums





The FaB Programme

Six areas of your life

Six group coaching calls

Recordings and Transcripts

FaB Room

Action Accelerator Days

Strategic You Day

Coaching Clinics

FaB Ground Rules & Principles

Safe environment –
maintain confidentiality

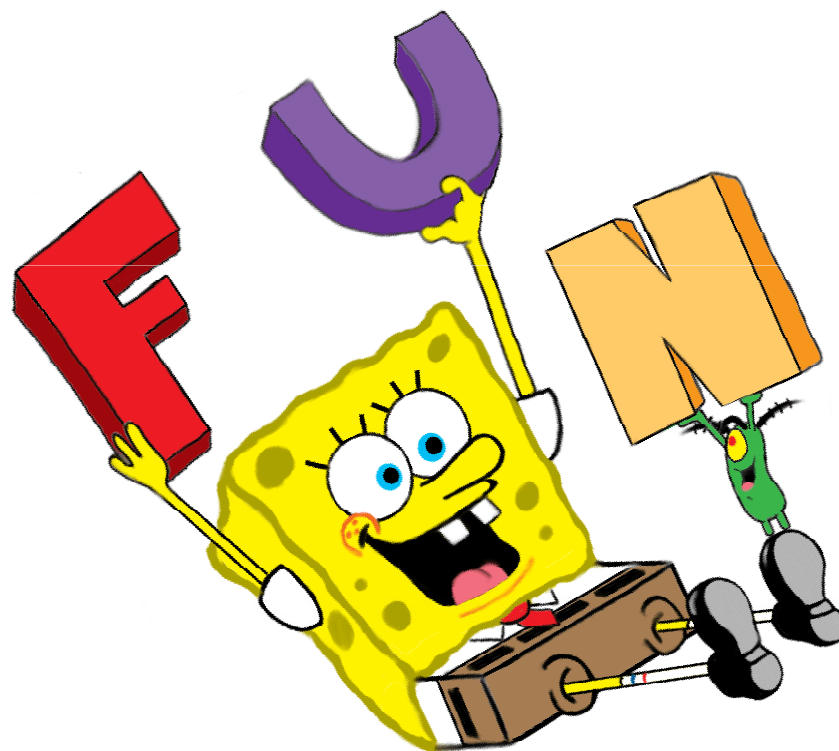
Listen well

Celebrate our diversity as
well as our similarities

Be willing to play

We grow from
connection and
contribution

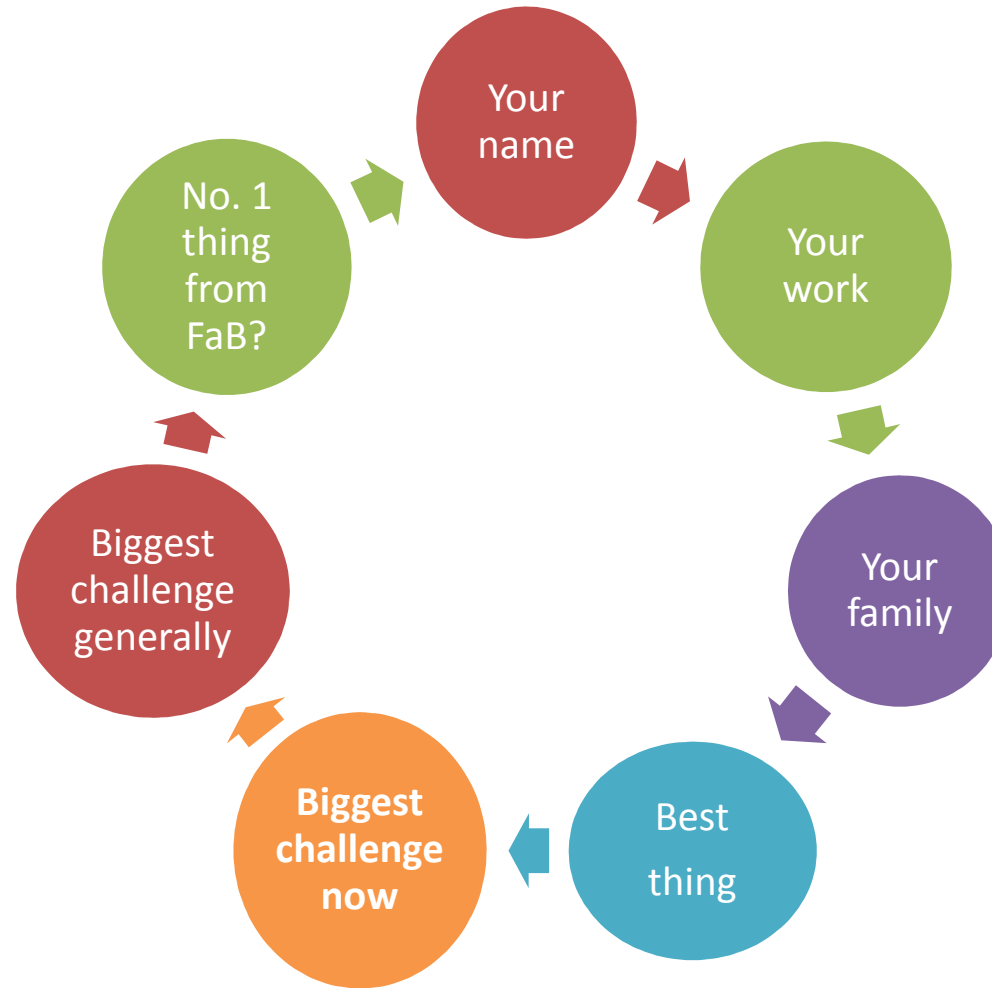
Awareness is the
precursor to choice



Introducing you...



Getting to know you..



Know yourself – why?

Know who
you are so
you know
where you
want to go

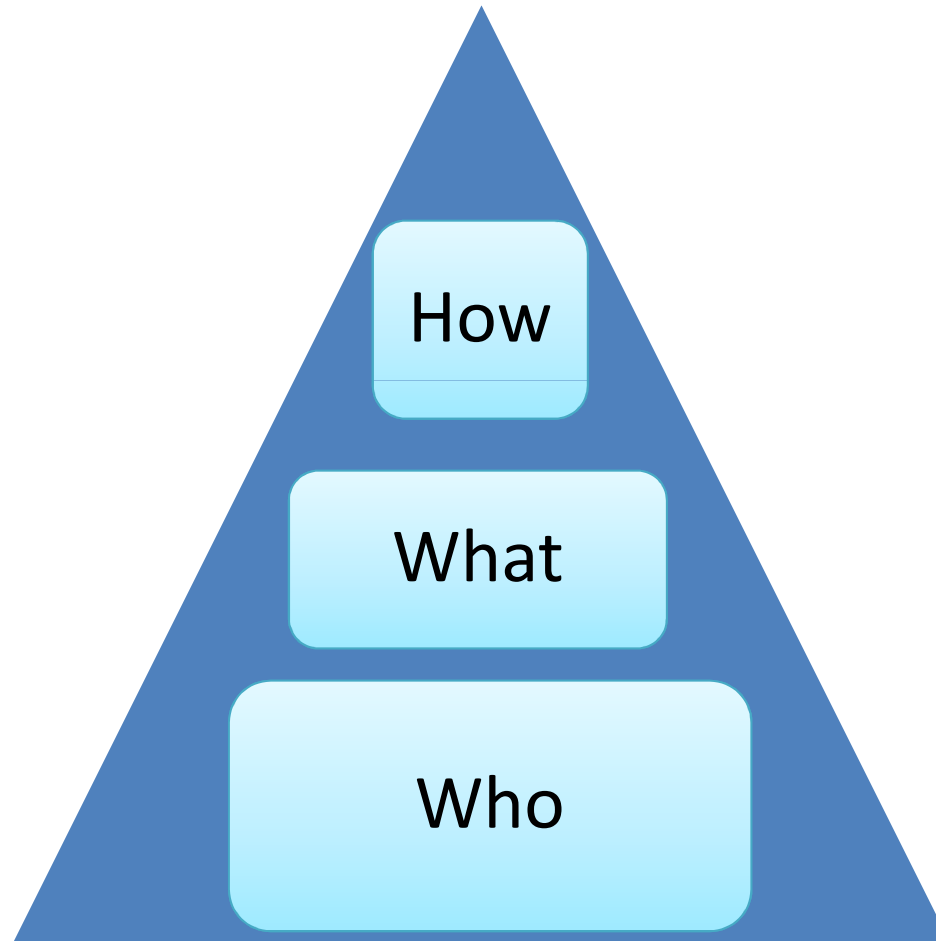
Self-
awareness
at a time of
change

Reassess
values and
priorities

Strengthen
sense of self
in
“challenging
times”

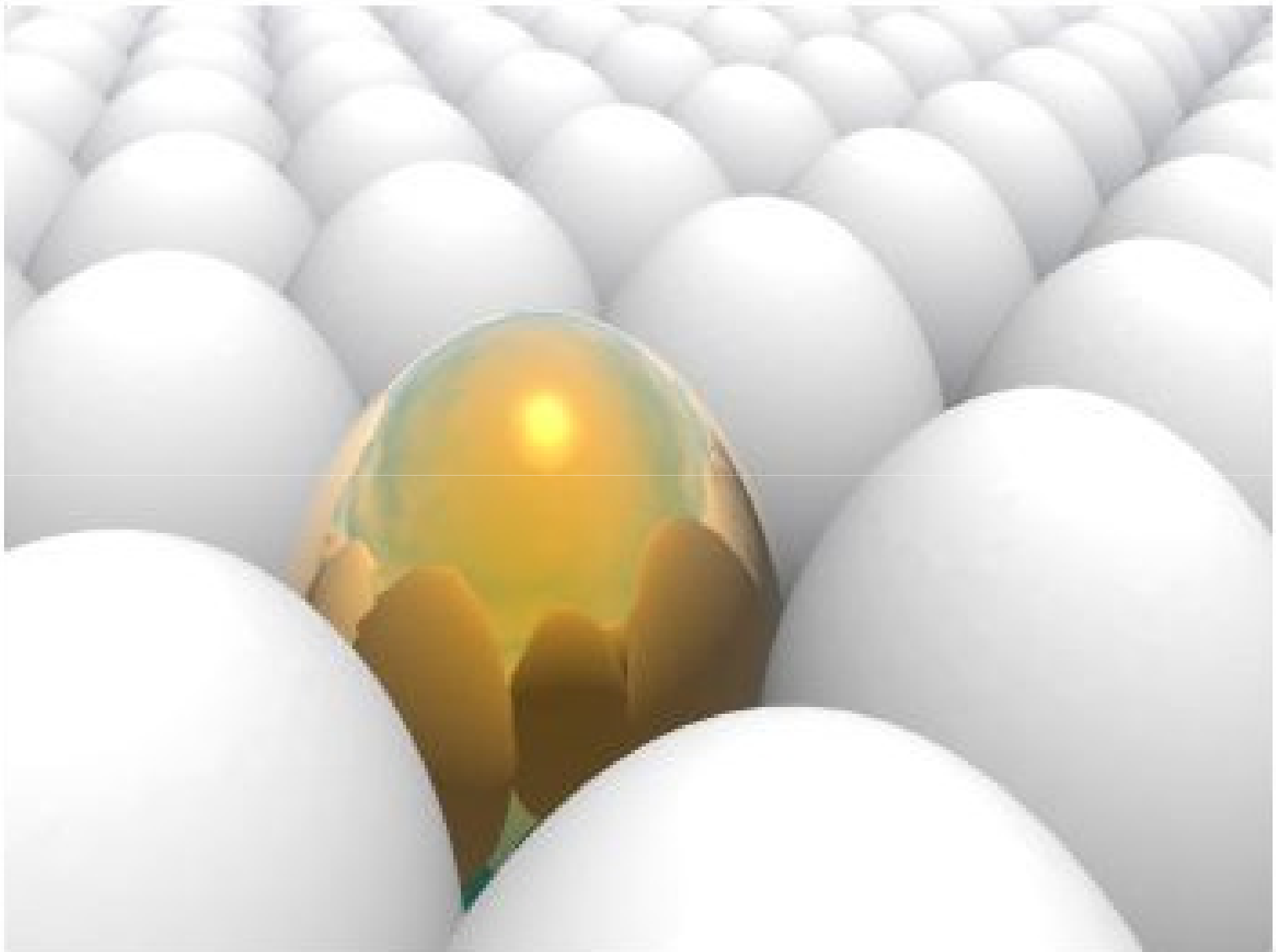
Resilient,
fulfilled,
balanced
you!





Knowing yourself – Values First





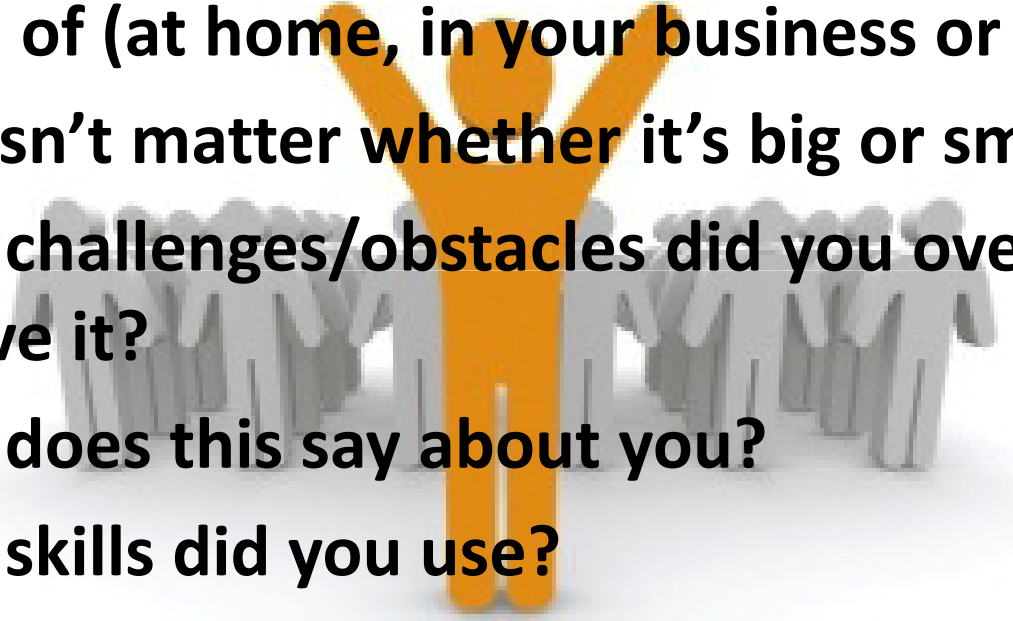
Golden Moments

Look back over the past week, month or year and try to remember at least one “golden” moment.

For that golden moment, think about:

- *‘What was happening?’*
- *‘Who was present’*
- *‘What was going on?’*
- *“What were the values being met or honoured in that moment?”*

Boastathon

- Share something you have done that you are proud of (at home, in your business or at work)
 - It doesn't matter whether it's big or small
 - What challenges/obstacles did you overcome to achieve it?
 - What does this say about you?
 - What skills did you use?
 - What values might be behind this?
- 
- A 3D illustration of a crowd of grey stick figures. In the center, one figure is highlighted in a bright orange color and stands with its arms raised in a 'Y' shape, signifying achievement or celebration.

Let's get to work on you..

Who am I
now?



What are the
steps to...



Who I want
to become?





YOUR FIRST HOMEWORK

The Six Questions Challenge and “Who am I?” Exercise



The Six Questions Challenge

1. What's the first thing you think about when you think of me?
2. What's the most interesting thing about me?
3. What do you value most about our relationship?
4. In what way(s) do you think I stop myself from achieving my full potential?
5. What do you perceive to be my greatest strength?
6. If I was to appear on the cover of a magazine in five years time, which one would it be and what would the headline be?



Resources this week in the FaB Room

The Six Questions Challenge
Homework!

Who am I worksheet
Homework!

Top ten reasons to identify your
values
Read me!

<http://amandaalexander.com/cm/fab-room>

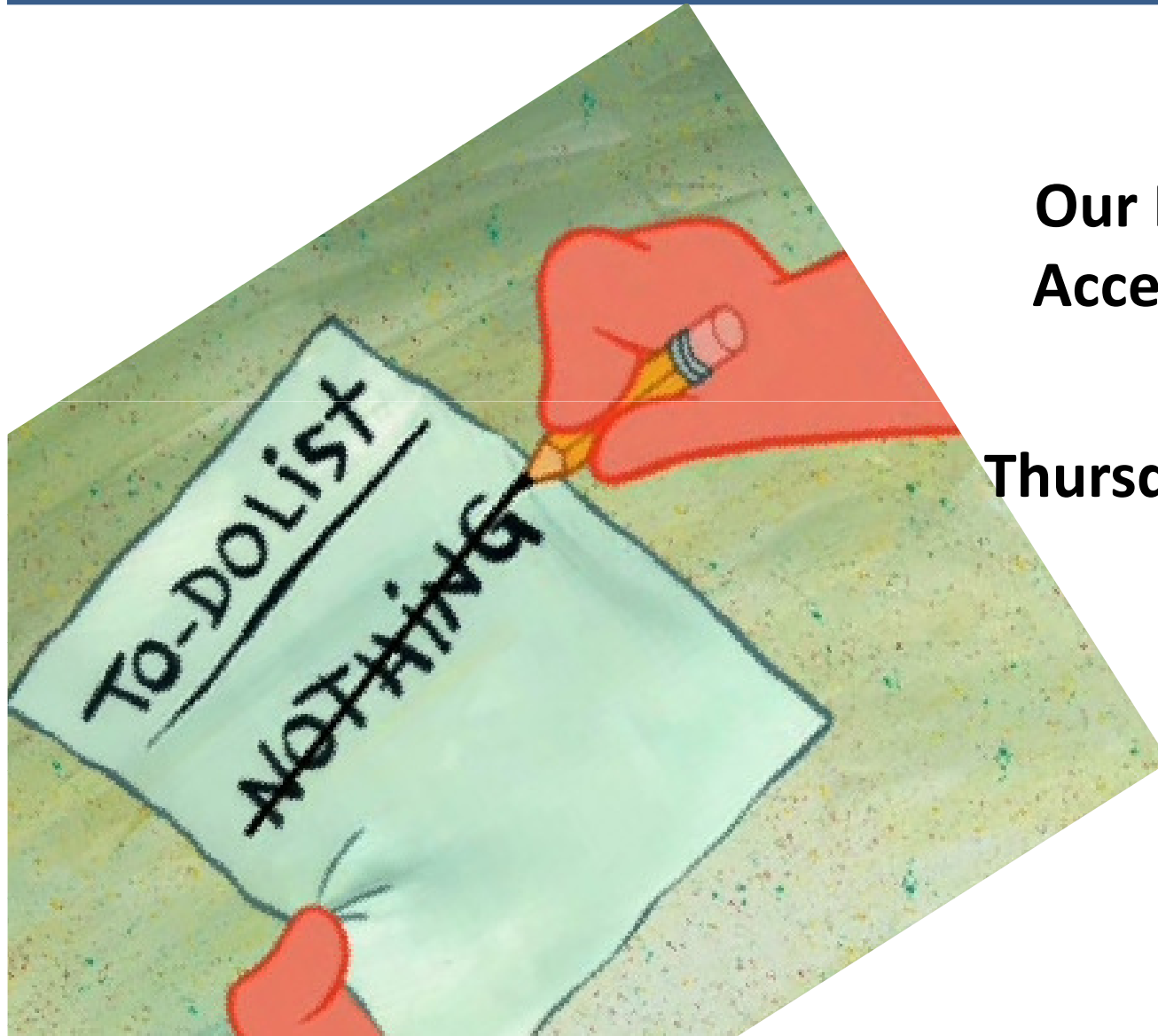


This Month's Coaching Call

Monday 22nd February at 8.15 p.m GMT

- ✓ We'll get you clearer on your top values
- ✓ You'll express who you are and who you want to become
- ✓ We'll identify the obstacles that are currently in your way
- ✓ And of course... Actions and accountability!

Upcoming Dates for your Diary



**Our First Action
Accelerator Day**

Thursday 4th March