



# ASPIRE

When did you last take the time to think about your life and what you want personally and professionally?

Do you know what success looks like for you and how to attain it?

Is this the year you start to live your future despite everything going on in the world right now?

Aspire is an innovative and interactive professional and personal development program designed and developed by Adelaide Psychologist Samantha Young that will help you get to know yourself, define success on your terms, eliminate barriers holding you back and develop a plan to realise your potential.



# WHEN WAS THE LAST TIME YOU TRULY INVESTED IN YOU?

## TOPICS

### **Module 1 - Introduction**

*Reflect on why it can feel hard to invest in ourselves and why taking the time to complete the Aspire program reflects genuine self-care.*

### **Module 2 - Know Yourself**

*Explore and unpack your personality, values and your definition of success. Formulate a clear picture of your strengths and attributes and really get to know yourself.*

### **Module 3 - Remove your Roadblocks**

*Remove the roadblocks in your head: perfectionism, fear of failure, imposter syndrome, self-sabotage, and identify and challenge negative beliefs you may hold about yourself.*

### **Module 4 - Find your Voice**

*Explore ways to enhance your assertiveness and improve your communication skills.*

### **Module 5 - Sell Yourself**

*Learn the importance of self-promotion and develop your personal brand and confidence in selling yourself in an authentic and genuine way.*

### **Module 6 - Take Care of You**

*Get a practical toolkit to prioritise self-care, relaxation and wellbeing including the foundations of exercise, nutrition and sleep.*

### **Module 7 - Live your Future**

*Define your goals and your personal action plan for implementing what you want your future to look like aligned with your personal definition of success.*

### **Module 8 - Give Back**

*Determine your purpose and ways to give back to others to truly create a sense of meaning and realise your potential.*



### **Samantha Young**

*M.Psych (Clin), MBA (Melb), MAPS*

Sam brings a unique combination of senior management and commercial experience, psychological intervention skills and Masters-level formal education in both business and psychology to her clinical, training, coaching and consulting work. Sam is a highly sought after facilitator and public speaker nationally and delivers training to hundreds of employees and managers every year.



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