
THE POWER TO GET THINGS DONE

(Whether You Feel Like It Or Not)



We all have good intentions, the things we absolutely know we should be doing, for us to be more successful and happy - but somehow, we struggle to get them done. It's the things on our to-do list that we probably find tedious, boring and nauseous - like, finishing a project, making those weekly sales calls, preparing for an exam, having a difficult conversation with someone, training for a marathon or losing weight.

As a team, we've seen countless people struggle and fail to do the very things that will bring them success - because quite often, they'd sooner be doing something else. And, it's a completely normal feeling.

And here's the good news. We only need to make a small change to make a big difference. Even if we don't have built-in unstoppable determination, we can still get there.

Getting the important things done - or not - can lead to business success or business failure. On this course, we'll show you how to consistently turn good intentions into action, so that you can get the results that you crave and be happy.

The programme is based around the highly acclaimed book 'The Power To Get Things Done (Whether You Feel Like It Or Not)' written by Chris Cooper and Dr Steven Levinson and published by Penguin Random House (USA)

PART ONE

Why motivation isn't enough and... the challenges we all face

- The impact of not getting things done.
- Why you can be motivated but still fail to get important things done.
- Why people fail to get the important things done - and why it's not your fault. So why then, when it's the key to our success and happiness, do we let these things slip through our fingers?

PART TWO

Identifying your intentions and getting serious about them

- Identifying our intentions, having absolute clarity around them and then developing simple strategies to help us achieve them. What's going to make the biggest difference to us? For

- some people, it might be about growing the turnover of their business within 12-months, whereas for others, it's about getting fit and losing weight.
- How to take your intentions seriously.

PART THREE

How to give your intentions all the power they need

- Turning up the heat to get your intentions done.
- How to detoxify those dreaded tasks.
- When to delegate or seek help from others.
- Real life success stories - how other people deliberately put themselves in situations that 'forced' them to take action, and how you can do the same.

THE COURSE IS AIMED AT

Leaders and Managers who want to achieve greater productivity and success. Throughout your session, Chris Cooper will share his knowledge, experience and personal stories, as well as drawing on the thoughts and wisdom of international leaders from the world of business and sport.

- The Power To Get Things Done (Whether You Feel Like It Or Not) can be delivered as a 45-minute keynote talk or as a training masterclass, up to 3-hours.
- It can also be delivered as a one-day or two-day inspirational team building and leadership development programme.

The course can be delivered in a range of locations - including your own offices, hotels and castles and country estates. And, it can be completely tailored to your business needs and challenges.

For more information or, to talk about a tailored programme, please contact Chris Cooper at chris@chriscooper.co.uk

About Chris

Chris Cooper is the founder of Chris Cooper Business Elevation and helps organisations, leader's and teams to elevate their performance through consultancy, facilitation, training, coaching, interviewing and speaking.

His Business Elevation Show on Voice America has reached 250 unique episodes. He is co-author of 'The Power to Get Things Done (Whether You Feel Like It Or Not)' - alongside clinical psychologist, Dr Steven Levinson, and their book was published by Penguin Random House USA. Chris is also a Fellow of The Professional Speaking Association. Based in Leicestershire, England, Chris and his team work on business projects in the UK and globally.