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Lunch and Learn Sessions



## **Lunch & Learn**

The 'Lunch & Learn' trainings provide short bite size taster sessions which run from 60 – 90 minutes and are ideal for team networking and motivation. The sessions are designed to be educational, entertaining and delivered over lunch where staff have minimum disruption to their daily activity. You can choose from a list of topics that best fit your specific needs. Large and small groups can be accommodated. Note: Breakfast and evening events can also be facilitated.

**Here are the list of topics that you can choose from;**

### **A Winners Image for Success**

Science and psychology have isolated the one prime cause for success or failure in life. It is the hidden self-image that you have of yourself. It controls your mind just as surely as your mind controls your heartbeat. To change your hidden self-image for success and fulfilment is to change your entire life. It's like the thermostat on your heating system. If you have the temperature set for 72 F and the room temperature rises to 73, the thermostat shuts the heat off. In the same way, when you reach or exceed the level of performance or income that your self-image is set at, **it will find ways to shut you down, turn you off and sabotage all your efforts to do better.** Your self-image is the **major block** between you and your infinite potential, and in this session you will learn the best ways to connect with your "hidden self" and allow it to guide you to creating "A Winners Image" for success.

### **Building Resilience in a challenging environment**

Adapting well in the face of adversity, difficult situations and significant sources of stress can be overwhelming at times and most people react with fear, uncertainty and confusion which can have a negative impact on personal effectiveness, health and wellbeing. The session will investigate some of these situations in our day to day lives that impact us negatively and introduce tools and techniques to help adapt and manage situations and stressful condition and will include the TGROW model. When you understand that life and business are like the changing seasons, you can start to take advantage of the opportunities, enjoy the journey, reap the benefits and "bounce back" from difficult experiences.

## **Making Decision Making Easy**

Indecision and the impact of poor decision making can slow down productivity in all areas of life. It's hard to believe that only 2% of the population know what they really want in life. Could it be that the other 98% haven't yet decided? This talk looks at the impact of indecision on all areas of life and how it stops you getting what you want. Topics will include strategies for effective and easy decision making including the Rubber Band model and tools for asking yourself the right questions to ensure your decisions are right for you. The tools and techniques will provide you with help you get what you want from life now and in the future.

## **What Gets You Out of Bed?**

What is true motivation? In everyday usage, the term motivation is used to describe why a person does or doesn't do something. What are the true drivers of motivation? This session will help to identify what's important to you, how that drives your motivation and determines your results. Understanding that if you want different results in your life you need to do something different, this session will provide you with the understanding and tools to be more authentic with yourself and your organisation.

## **Thoughts Truly are Things**

This session demonstrates the power of thoughts, and looks at their effect on how you feel and what you do. You will be introduced to your 6 mental muscles and how to use and develop them just like you develop your physical muscles. You will gain understanding of how to "think from the inside out". By taking control of your thoughts you can change how you allow the outside world to impact on your daily life. Discover how visualisation allows you to place your desired outcomes into your future time stream so that they actually occur. This process will allow you to create positive outcomes and can be used over and over again.

## **Public Speaking and overcoming Nerves**

Studies have shown that people fear speaking in public more than death! Standing up in front of a group can be nerve wracking, no matter how big or small the audience or how familiar they may be. Even the best prepared speech can go desperately wrong if the speaker has “stage fright”. Good public speakers relate to their audience, they inform, they are understood, they engage and connect with their audience. This talk will provide practical tips and role play to help boost performance and settle those nerves. It will focus on engaging your audience and delivering your message with confidence and charisma.

## **Setting and Achieving Goals and Objectives**

Why do you have goals? Goals give you direction. Most people know how to set goals, but very few people achieve them. In this session I will explain the difference between goal setting and goal achieving and will introduce “The CREATE your outcome Formula”. While you may desire something better in life, very often your focus and energy is aligned negatively with what you currently have, or what you don’t have. When you become aware of how to align your focus, energy and will with what you desire you can immediately create better results and achieve your goals one by one in an orderly fashion.

## **Beyond Business Cards**

For some people Networking is very natural while others can feel awkward and lack confidence around networking at social and business events. Mingling at conferences, events at client offices and social gatherings provide a great opportunity to mingle and mix with other attendees and build your network of contacts. This session will cover some of the fundamentals of face to face networking, identify the benefits of networking and introduce the 7 Keys to successful networking at events, the importance of the follow up and building the KLT (Know, Like and Trust) factor with colleagues and clients.

## About Me

In my experience of working with 100's of clients for over a decade, mindset is the one factor that distinguishes success from failure in business and in life. I coach and train business leaders, executives and teams in Leadership and Transformation, relationship management, career progression. I have successfully facilitated transformation with clients to improve their skills and knowledge while breaking their mental barriers to achieve greater success.



Call or email me today to make an enquiry and we can discuss  
your specific needs

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