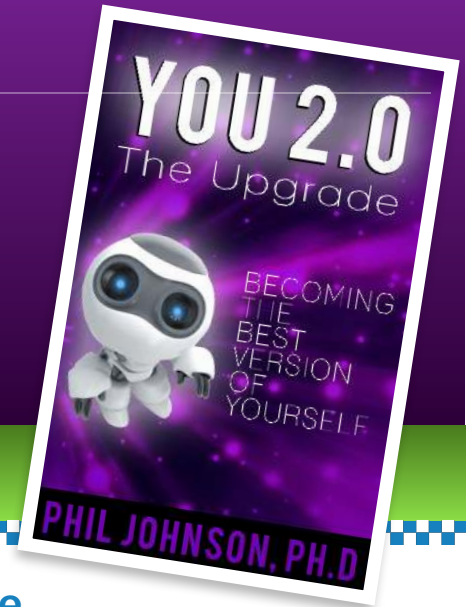


“YOU 2.0 - THE UPGRADE BECOMING THE BEST VERSION OF YOURSELF

It's time to take a look at your operating system and your software and UPGRADE your life. Today you will start becoming the best version of yourself!



Conference Outline

Everyone has some idea of what "success" looks like for them. So why do so many people fail to get what they want? Maybe it's time to "upgrade" yourself! In this course you will:

- Identify and live out an "authentic" version of yourself.
- Understand what it means to be "real."
- Make the most out of the right relationships.
- Identify different types of friends.
- Know how to "dump" the wrong friends.
- Recognize and get rid of serious character issues, such as dishonesty, gossip, worry and fear and much more!
- Develop the skills to overcome procrastination, decision-making, saying "no," single tasking and more!

"Authenticity: The Best Operating System" it's time to hunt for your true self! Knowing yourself and being authentic is your core "operating system." Learn the 4 components of "authenticity."

"Relationship Reboot" Your relationships are the "documents" of your life - they tell your story! Find out the difference between an "acquaintance" a "friend of convenience" and a "soul friend." They're not all the same and they don't all cost the same.

"Anti-Virus Protection for Your Character" For humans, "flaws" in your "software" are basically integrity issues. We will tackle issues such as dishonesty, gossip, fear, worry, refusing to lose and other fatal flaws that cause your system to "crash" far too often!

"The Upgrade: 'I've Got an App for That!'" It's time to download some "apps" that will help us conquer common life problems. In this session, we'll work on procrastination, learning to say "no," decision-making, letting go of negative experiences (and why they make us smarter!) and the art of "single tasking."

"Six Word Biographies" Simple lives are memorable lives! Let's practice by writing a "six word biography."

DR. PHIL JOHNSON

Dr. Phil Johnson is the president and founder of Global Next Research Group and Leadership Institute. He has conducted research and hosted conferences throughout the US, Europe and the Middle East. Thorough insight and humor, he changes the way people think about life, leadership and purpose.

