

Beat the Dark Side of Greatness: How to excel at work without losing your soul

Duration

1 day

Contact details

+ 27 82 456 0819
+27 21 6747466

rod@buildingresilience.co.za

www.buildingresilience.co.za

www.facebook.com/trainingresilience

Delegate feedback

Absolutely recommend the program. This has assisted me to see life in general differently.

Very energised by this workshop! Thank you for such an amazing experience!

Presented information in a clear and understandable way.

Rod is delightful and knowledgeable in the explanation of the various topics. Enjoyed it.

Very informative, effective tools that can be applied in real life situations.

This session/workshop gave me a much clearer perspective of my life on a personal and work level.

I would recommend the workshop for everyone to attend. It was really helpful, life changing.



Greatness at work

- Achieving success and recognition
- Engaged and committed
- Using strengths leads to success
- Bags of energy
- Excitement is motivating

The dark side of greatness

- Success comes at a high price
- Unconscious self-sabotage
- Misusing strengths leads to unintended failure
- Little energy left for life outside of work
- Overloaded and overstressed

Achieving greatness at work

You work hard for success, recognition and greatness at work. You love the rush of firing on all cylinders, engaged and committed to your work. You naturally receive rewards and recognition which drives you to work even harder.

The dark side of greatness

But ask yourself:

- Does your success at work come with a heavy price in other areas of your life?
- Are your powerful strengths also responsible for your worst failures?
- Do you struggle to meet both work and home commitments?
- Do you have little energy for life outside of work?

There is a dark side when the greatness achieved in one area of life comes at a significant cost in another. It may happen to high-flying executives who are so dedicated to their work that they become helicopter parents, disconnected from their children. Or to a highly respected doctor who becomes emotionally distant in order to cope with suffering seen daily.

The dark side of greatness is particularly relevant to career-minded women who strive to be a consummate professional at work and also the perfect mother at home. Their over commitments may account for women being twice as likely to become depressed as men and three times as likely to be diagnosed with anxiety disorders or to try to commit suicide.

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Delegate feedback

Allowed an opportunity for introspection and thinking and learning together.

It was very insightful from a personal point of view as well as from a work point of view.

Insightful, practical and easily implementable methods.

Allowed an opportunity for introspection and thinking and learning together.

The workshop content has been practical, inspiring and uplifting.

Practical, easy to understand and usable. This program should be extended to each and every other employee at all levels.

Lessons learned from this workshop were so invaluable in both personal life and work situations.

Teaches you to look at situations in a different way. Thank you so much Rod.

I found the program to be very valuable in dealing with issues at work, home or on your own personal journey/development.

Thank you for the assurance that I am on my way to greatness. For greatness is within my own grasp.

Avoiding the dark side of greatness

Can you have it all - achieve greatness at work and also excel in other areas of your life?

Yes you can with this intense, one-day workshop, where you will:

- Understand how you may be unconsciously self-sabotaging your success.
- Explore your strengths and how to use them to achieve greatness at work and home.
- Understand your strengths' dark side and how they can lead to failure.
- Identify what boosts your energy and what drains your energy.
- Analyse your stress triggers and how they play out at work and home.

What will I walk away with at the end of the training?

You will draw up practical plans to achieve greatness at work as well as greatness at home, including plans to mitigate the impact of the dark side of achieving greatness. These personal plans for *work and home* will include:

- Boosting the effectiveness of your strengths.
- Overcoming overuse or ill-timed use of your strengths.
- Reducing the impact of your stress triggers.
- Increasing balance in your life.
- Boosting your energy and avoiding energy drains.

Who should attend the training?

Men and women who excel at work, but are experiencing over-stress from issues such as: ever increasing work demands; navigating difficult professional and career issues; needing life outside of work; struggling to be the loving parent and partner they would like to be.

Clients:

We work with a variety of clients in South Africa, Southern Africa and Australia including: Old Mutual, Momentum, Metropolitan, various local, provincial and national government administrations, Mediclinic, Ster-Kinekor, SAPS, Nokia Siemens Networks, Royal Swaziland Sugar Corporation, TAL Australia, International School of Bangkok.

About Rod Warner:

Rod has researched, developed interventions, presented and published in the field of resilience and mental strength to cope with stress. His "The Building Resilience Handbook" is available [here](#).

