



IHEART in Business

Realising Potential. Unleashing Effectiveness.

Instil a unique way of thinking

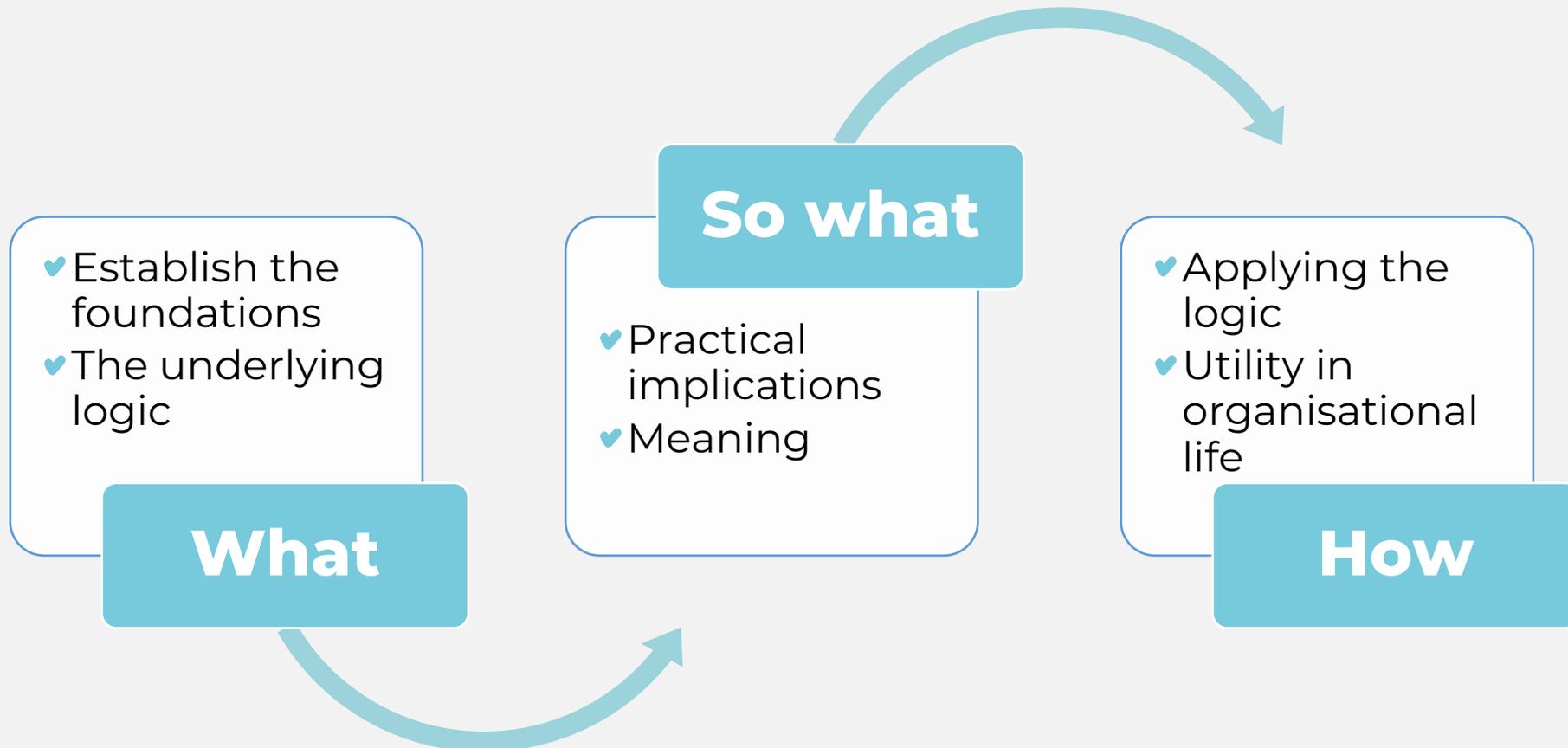
The IHEART programme helps individuals access the full potential of their resourcefulness, resulting in tangible performance improvements through;

- ✓ Enhanced insight and innovation
- ✓ Increased motivation to embrace change and new strategies
- ✓ More effective communication and collaboration
- ✓ Creative and constructive problem solving
- ✓ Meaningful prioritisation and focus
- ✓ Greater confidence, optimism and adaptability
- ✓ A proactive leadership mind-set



Access your innate potential

The initial 2-day workshop for groups of up to 20 people focuses on outstanding performance and dealing with challenges



Embedding the programme

Sustain learning and change initiatives through:

- Follow up half-day workshops
- One-to-one sessions for leaders

Tailored to address issues unique to your organisation and ensure relevance to your specific business challenges



The IHEART programme enhances

organisations, teams, leaders & individuals through increased:

- ♥ Communication, teamwork and understanding of different perspectives
- ♥ Morale and motivation
- ♥ Clarity and focus
- ♥ Creativity and innovation
- ♥ Energy and optimism around change and future challenges
- ♥ Management of stress and workload
- ♥ Efficiency and prioritisation



A different approach



Performance issues are often attributed to factors such as a heavy workload, difficult colleagues and organisational change. From this perspective, it looks perfectly logical to look to fix the issue by changing the outside circumstance.

IHEART applies a different approach to addressing these challenges.

We identify and explore the true source of change, focusing on the reliable logic of how the human mind works. This frees up individuals and organisations to consider and explore all kinds of creative solutions, changes and new ways of dealing with challenges, with increased optimism and confidence.

Simple, practical, sustainable, and straightforward



**Harry Corry,
HR Director
Harry Corry
Limited***

“We invited the IHEART team to run a full day workshop for each of our management groups in Dublin and Belfast.

The entire group found the experience highly engaging, with many expressing how much they got out of the sessions as they deepened their understanding of what constitutes true resilience, wellbeing and realisation of potential in both their professional and personal lives.

The feedback has been so positive that we have now asked IHEART to deliver the Resilience Programme to all of our Managers in Ireland and Scotland.”

* a large retail company with more than 50 outlets across Ireland and Scotland, employing over 600 staff.





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Effectiveness**

www.iheartprinciples.com

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