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This module focuses specifically on the following characteristics of Future-Fit Individuals:

- Adaptability
- Positive attitude
- Pro-activity - The ability to anticipate future changes and prepare for them
- An internal locus of control
- A specific future vision
- Both short and long term goals, which they pursue actively
- Financial Independence

## Contents

1. A future-fit mindset and attitude
  - 1.1 Losers in the race of life: Understanding the human brain and the power of the mind. *The Train* DVD
  - 1.2 Winners in the race of life: Lessons from the *Miracle Man* DVD
  - 1.3 Collective mindsets: Winning organisations in the global village
  - 1.4 Change and mindset: Lessons from *The Winds of Change* DVD
  - 1.5 Personal Future-Fit mindset and attitude toolbox
  - 1.6 Recommended reading and Addendum A: Wikipedia on Psychoneuroimmunology



Future Fit Mindset & Attitude

*Future-literacy is the ability to survive and excel in a changing world of work. It includes being able to adapt your career (career adaptability) and formulate strategies for coping with massive change within and outside an organization.*

*Future-literacy is about embracing a new paradigm about life-and-career planning in a world that offers neither permanent employment nor job security.*

*Future-literacy is about placing our security in our own potential, abilities and competencies rather than in systems, structures and organizations.*

## Contents

1. Future-literacy: the concept and context
2. Why be future literate?
3. Assessing my future-literacy
  - 3.1 Completing the questionnaire
  - 3.2 Scoring the future literate questionnaire
  - 3.3 Interpretation of future-literacy scores
  - 3.4 Interpretation of your future-literacy scores
4. Conclusion
5. The measuring instrument
  - a short overview of the development, testing for reliability and content validity
6. Reading list and references

AM I FUTURE LITERATE?

*Preparing for Tomorrow. Am I Future Fit?*

This module focuses specifically on the following characteristics of Future Fit Individuals:

- Adaptability
- Pro-activity - the ability to anticipate future changes and prepare for them
- Lifelong learning
- Preparation for a broad area of competence
- Security in their own abilities and competencies

#### Contents

1. Background and context: P4T and Future Fitness.
2. Why the urgent need for revolutionary thinking and a radical open mind?
3. The mind of a revolutionary
4. The brain as a patterning system
  - 4.1 A practical example
  - 4.2 Clark's Law of Revolutionary New Ideas
  - 4.3 The fear of the radically new
  - 4.4 Lessons from the *Business of Paradigms* DVD
5. Revolutionary thinking tools: Unleashing your creative genius
  - 5.1 The one right answer
  - 5.2 That is not logical/practical
  - 5.3 Follow the rules
  - 5.4 Don't fool/play around!
  - 5.5 Idea link!
  - 5.6 Avoid ambiguity
  - 5.7 I am not a revolutionary thinker!
6. Practical exercise: Future memory
7. Recommended reading

This module focuses specifically on the following characteristics of Future-Fit Individuals:

- Security in their own abilities and competencies
- Lifelong learning
- Adaptability
- A positive attitude
- Higher levels of self-efficiency

#### Contents

1. Background and context:  
P4T and Future-Fitness.
2. Understanding behaviour:  
A physiological approach  
The origins of personality
3. Say hello to yourself  
The Johari window:  
A personal behaviour exercise
4. What is my preferred ego state?  
How do I project myself?  
Transactional analyses as a personal awareness and growth tool
5. Social intelligence: Mirror neurons.  
How we impact each other's behaviour
6. "If looks could kill". Lessons from the DVD
7. Personal exercise: How will this programme change my behaviour?
8. Recommended reading

Today, being good at what you do is simply not good enough...you need to be GREAT in order to set yourself and your company apart from your (many) competitors! This requires operating at the NEXT LEVEL...to become FUTURE FIT INDIVIDUALS!

"Discover your Music"...is a liberating musical journey that facilitates the discovery of the magic and energy that ALIGNMENT of who you are and what you do, unleashes!

It is about discovering and spreading your music, ie: your passion, authenticity and voice!

This life changing learning experience also explores the edges of Future Leadership Practices for Winning Organisations, like:

- Utilising Social-Neuroscience and Mirror Neurons
- Collective Awareness and Psychological Synchrony
- Implementing Liberation Management and Future Fitness in the organization.

JOIN US FOR A LIBERATING AND EMPOWERING MUSICAL JOURNEY!



*Discover Your Music!*