

# Further Up

PROUDLY  
PRESENTS



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**FAITH  
HOSKINS**  
THOUGHT LEADER

**TRAINING  
SERIES**



## PROFESSIONAL AND PERSONAL DEVELOPMENT

Custom training sessions to  
provide your group or team with  
the tools to grow themselves and  
your organization

## CONTACT US

[faith@furtherup.org](mailto:faith@furtherup.org)



# TRAINING SERIES

Further Up

## Stopping the Stress Cycle

We have been socialized to believe that we need to do “all the things”, proving ourselves worthy of our jobs. We give off the illusions that we can do it all, that we are in control, while the Critic in our head is constantly telling us, “You’re not doing enough. You’ve got to do more.” We are in a constant state of exhaustion, stress, and overwhelm. Feeling like we are barely keeping our heads above water. Scattered. Unable to focus. Living each day in reaction mode. Faith is here to tell you there is another way. And she will teach you how.

## Accomplishing the Impossible

As highly driven, business-minded individuals, we know the value of “goal-setting”. But one of the first things that happens when we sit down to set our goals is our brain seizes up and tells us all the reasons those goals are a bad idea. That they are “unreasonable” or wishful thinking. With a few simple tricks, you can redirect your brain from its tactics of fear and overwhelm to doing what it brains are made to do - imagining what’s possible and finding the creative solutions to make that happen. Faith will teach 3 tools to teach you how to accomplishing the “impossible”.

## Taking Control of Your Time

The most valuable asset we have is time. It’s literally the only thing we can’t get more of. We imagine that time is happening TO US. That somehow others have more of it. That we were given less than others. And our only hope is to push through each day, squeezing out every minute that we can before crashing in our beds in exhaustion. Only to wake up the next day and do it all again. We overschedule ourselves. Jump from one thing to the next. Cram as many tasks in one day as we can. There is a better way. And Faith will guide you through it.

## MORE INFORMATION?

All trainings are 2 hours in length and priced affordably to promote access for all organizations who desire to care for their people. More detailed info is available for each training - just ask!

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