

# GUTSY

## Self

### Building your fitness for what matters

Increasingly we are observing that people in the workplace are experiencing challenges to their quality of life because of work-related stressors and/or personal wellbeing. The impact of these challenges will reduce people's self-confidence and overall health, which in turn impacts their ability to meet the demands of their role.

Busy leaders are ill-equipped to support team members who are struggling, and the continuing stigmatisation of mental health issues means that those who are challenged may not be prepared to seek support. People may try to hide their struggles, and while they may be seen to be coping, the long-term toll on their wellbeing can be significant. At TACTICIAN, we're known for our pragmatic, practical development programs that give immediate and behaviour changing results. We teach participants the skills and tactics that will help them build their resilience.

This guidance will support anyone: leader, team member or teams who are looking to improve the quality of their professional lives. The personal and group guidance will challenge organisational norms, shrinking beliefs and any thought that there is nothing that can be done to address a traditional taboo subject.

TACTICIAN's Gutsy Self can be delivered in virtual 'real time' or in face to face forum skill squads. The ultimate program design will be customised to suit the priority of individual, team and organisation needs.

The Hogan Motives, Values, Preferences Inventory (MVPI) describes personality from the inside – the core goals, values, drivers, and interests that determine what we desire and strive to attain. By assessing values, you can understand what motivates people to succeed and the environments where people will be most productive.

### What will you gain?

- ✓ A sense of comfort knowing that your challenges are common
- ✓ A Hogan Personality Inventory diagnosis of holistic fitness levels that may be inhibiting personal and professional growth
- ✓ Tools and tactics to build integrative fitness and wellbeing
- ✓ One-on-one guidance from some of Australia's best professional coaches

### What we focus on in the Gutsy Self program

- ✓ Cognitive fitness
- ✓ Physical fitness
- ✓ Emotional fitness
- ✓ Relationship fitness
- ✓ Security fitness
- ✓ Financial fitness

