



## GET MOMENTUM: HOW TO START WHEN YOU'RE STUCK

with Dr. Jason Womack

\$425 (US) per person

VIRTUAL SESSION (3-HOUR)

## GET MOMENTUM: HOW TO START WHEN YOU'RE STUCK

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Based on the book *Get Momentum*, this seminar coaches you in the mindset, skill set, and toolkit required to make progress on goals faster and easier. This workshop will also provide valuable insights into the psychology of change and how to direct your focus and the focus of others as a effective team leader. The *Get Momentum* seminar sets a journey in motion, teaching you how to make proactive changes based on the solid foundation of your own quality of life criteria. Employing a step-by-step guidance on how to define your own personal professional life criteria you will soon be able to mentor those you manage on how to Get and Maintain Momentum as well. With kindness, accountability and encouragement, *Get Momentum* will help you tap into your natural way of being to achieve professional goals and personal experiences that are on your bucket list.

## DR. JASON WOMACK

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Jason W. (JW) Womack is an Instructor of Leadership Studies at a Military University, the author of two best-selling books on self-leadership, and a student of organizational change. His current research and writing explores organizational space, and what leaders and colleagues are doing - and can do - to address the very sensitive issues of belonging and inclusion in the workplace.

# TOPICS COVERED

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WHAT DOES BEING STUCK SOUND LIKE?  
THE POWER OF MOMENTUM  
WHAT REALLY IS STOPPING YOU

## THE FIVE STAGES OF MOMENTUM

MOTIVATION > MENTORS > MILESTONES > MONITOR > MODIFY

### MOTIVATION - WHAT DO I WANT TO BE KNOWN FOR?

BEING MOTIVATED VS. GETTING MOTIVATED  
THE PSYCHOLOGY OF MOTIVATION  
CONFLICT AND MOTIVATION

THE MAIN FUNCTIONS OF MENTORS  
CREATING YOUR TEAM

### MILESTONES

THE POWER OF MILESTONES  
THE MAGIC OF THREE SUBPROJECTS  
CREATE YOUR FUTURE.

### MONITOR

THE POWER OF MONITORING  
ACKNOWLEDGING THE POSITIVE

### MODIFY

THE POWER OF MODIFYING  
WHEN SHOULD YOU MODIFY?

FOCUS ON ONE CHANGE

### YOU DID IT!

BUILD MOMENTUM, RECOGNIZE YOUR WINS AND PAY IT FORWARD

FOR REGISTRATION PLEASE CONTACT: - IMS Regional Director -  
Phone: Email: Website: <https://ims-online.com/leadership-development//>