Get Momentum: How to Start When You’re Stuck

Session Details

Faculty: Jason Womack  
Date: Friday, October 20, 2017

Location: Federal Reserve Plaza  
600 Atlantic Avenue Boston, MA  
Sign In: 8:30 AM

Phone: (617) 973-3000  
Session: 9:00 AM - 4:00 PM

Session Description

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 an 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.

Biography

Jason W. Womack, MEd, MA sees the world differently. He doesn’t deny there are 24 hours in the day, but he defies low expectations for what can be accomplished in that time. He admits that life is busy, but he won’t compromise when it comes to increasing productivity and maximizing time for the things that are his MIT’s (Most Important Things). How does he do this? Jason is, above all, a teacher, but his teaching takes many forms: international speaker, productivity coach, Get Momentum program founder, and author of the business development books: Your Best Just Got Better: Work Smarter, Think Bigger, Make More, (Wiley, 2012) and The Promise Doctrine: A System for Consistently Delivering on Your Promises (2010). Jason shows that working longer hours doesn’t have to be your only choice to increase your productivity and performance. He teaches practical solutions to everyday workflow that will free you up to focus on your bigger leadership goals and projects. He provides practical methods to maximize tools, systems, and processes to achieve quality work/life balance. He has worked with leaders and executives for over 16 years in the business, military and higher education sectors. His focus on creating ideas that matter and implementing solutions are changing the way leaders impact productivity and create environments where sustainable productivity is the norm.

Time Allocation - Topics

5%  Stuck Projects Stuck Life
- What does being stuck sound like?
- The Power of Momentum
- What Really is Stopping You

20%  The Five Stages of Momentum
- Motivation > Mentors > Milestones > Monitor > Modify

15%  Motivation - What do I want to be known for?
- Being Motivated vs. Getting Motivated
- The Psychology of Motivation
- Conflict and Motivation

10%  Mentors Whom can I learn from?
- The Main Functions of Mentors
- Creating Your Team

15%  Milestones
The Power of Milestones
The Magic of Three Subprojects
Create your future.

10% Monitor
The Power of Monitoring
Acknowledging the Positive
Know the Course Stay the Course

20% Modify
The Power of Modifying
When Should You Modify?
CHANGE and Why IT’s Hard to Get Momentum
Focus on One Change

5% You Did It!
Build Momentum, Recognize Your Wins and Pay it Forward

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