



## 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 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.

## DR. JASON WOMACK

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Jason Womack is a leader in Human Capital Management, focused on Talent Development, for a branch of the U.S. military and the author of the best-selling books *Get Momentum* and *Your Best Just Got Better*.

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). He teaches practical solutions to the 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.

# 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//>