

Sample Episodes:

Envision!

- Allow yourself to stretch your imagination
- Develop your Vision Board
- Set the goals that will make the biggest difference in your life – professionally and personally
- Identify the resources you need to succeed
- Write your action plan

Jump!

- Identify what you need to make that big step up in your career or business
- Evaluate your life's choices and realign them with your intentions
- Understand the power of network
- Learn how to widen your circle of influence
- Develop ways of establishing mutually rewarding relationships

Swat the critic!

- Understand the impact of self-talk
- Identify the mood hoovers in your life – internally and externally
- Embrace the transitions in your life
- Raise awareness of your impact on others
- Increase your ability to control your attention and energy

Thrive!

- Anticipate the changes in your life
- Embrace the transitions in your life
- Deepen your resilience and life proofing
- Identify ways of standing in choice!
- Let go of the apologies you never had!

Annual One day London December Conference: 9am – 5.30pm

What's your story?

- Learn, share and be inspired by others
- Contribute to the development of others and yourself
- Give back to people who may never repay you
- Grow and strengthen our communities
- Grow a diverse and wide network

Our London Conference is run to raise monies for Charity

Join our Facebook Community - **The Enjoyable Life Community – our LinkedIn Group**

Keep our conversation, learning and insights going

- Become and remain life proof
- Connect with your sense of purpose
- Inspire others with your own insights, stories and posts
- Develop Resilience as a leadership Team, Community and Organisation



Pricing

Dependent on location
We also run our Episodes online where required and cater for international delegates.

Find out more at
Yetundehofmann.com/EnjoyableLifeSeries

FIND PURPOSE
FIND YOU
FIND JOY

Why we exist

The Enjoyable Life Series is designed to help men and women in all walks of life to develop an acceptance of who they are; to connect with their sense of purpose and to tap into the depths of JOY they have within them.

This means you will be life proof – that is resilient - and able to deal with all the challenges that life and work may throw your way.

How can you and your business benefit?

If you want more resilience, confidence and courage in your people or to support them and their teams in creating meaning in their work, talk to us.

How can you and your students benefit?

We can support you in developing much needed life leadership skills in your students and undergraduates.



Workshops | Talks | Conferences

For further information:
YetundeHofmann.com

Our Episodes are run for the public and can also be run in house as part of your Inclusion, Employee Engagement and/or wellbeing strategy.

They are typically half day workshops and can be run for intact teams, cross functional teams, small groups or large groups.

THE
ENJOYABLE LIFE
SERIES
EMPOWERING YOU TO LIVE ENJOYABLY

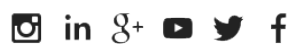


Network of resources:

The value of JOY at
work

Love + Purpose = JOY

www.yetundehofmann.com



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