

What Matters Most

Maximise Motivation through the things that Matter Most

Research has shown that people who know what matters most to them are more resilient, connect & communicate better and are able to find more fulfillment in what they do every day. When faced with change, a challenge or adversity, knowing What Matters Most can help us focus our efforts in certain areas.

This activity gets to the heart of what really matters to you, and quickly pinpoints your priorities and what really makes them tick –the “what” and “why” that shape your underlying values, stressors and motivations.

During the exercise, you ‘ll select the words that best describe what matters most from a work perspective. One of these words will be a Deal Breaker, meaning, “If I’m not getting any of it, I’m leaving tomorrow.”

Who will love this?
People wanting to get
to the heart of what
really matters and
focussing efforts in
certain areas



Outcomes:

- Share with others and begin to articulate the why and how you operate as an individual
- Increase awareness around fulfilment and its impacts on motivations and behaviours
- Promote fulfilment of personal motivators through alignment with company values
- Identify what matters most to you about the work you do as an individual

Click <https://vimeo.com/404500753> to see what participants are saying about our virtual sessions

Payment

- We require full payment upfront prior to attending the virtual workshop.
- Bookings are made via Eventbrite.
- For groups of 10 or more please contact: angels@phuel.com.au

Delivery Mode

- Our virtual sessions are live, experiential, kinesthetic, facilitated sessions.
- We use ZOOM to deliver the sessions
- Watch this short video on what to bring: <https://vimeo.com/399774449>