

New Impetus

What does New Impetus deliver to the individual?

- Self-motivation and enthusiasm on-tap
- Resilient positivity and optimism
- Confidence and self-esteem
- Initiative and owning the wider issues
- Personal-life benefits including happiness, stress-control, work-home balance

What other Emotional Competencies does New Impetus improve?

- Empathy and communication
- Positive change-orientation
- Leadership and influencing
- Team-working and interpersonal skills

Who should attend?

- Both high-flyers and those wishing to improve their performance, at all levels of seniority
- Everyone who wants to adjust how they think, feel, or behave
- Teams facing organisational or cultural change

What makes New Impetus special?

- Powerful and long-lasting results - impact grows for at least six years (2007 survey)
- Based on contemporary university research in cognitive and behavioural theory, perception, positive psychology, neuro-plasticity
- Creates new defaults: new behaviours become natural, automatic, unconscious, the first response, even when under pressure

What is New Impetus like to experience?

- Inspiring and motivational
- Fascinating, full of challenging ideas, lots of humour
- No embarrassing games or "sharing" private things
- Respects your personal choices, doesn't try to say what you should want

What is the format?

- Classroom based, non-residential
- 3 days over 6 weeks (initial two days then a follow-up day after six weeks)
- Classes of 6 to 20

Who delivers New Impetus?

- Graham Keen was a Group FD, an MD, and is an intuitive & inspirational teacher who founded the principles of New Impetus in 1995 as the way back from personal loss.

think • feel • behave

