



ITHRIVE

ACHIEVE YOUR FULL POTENTIAL



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Purpose:

Now more than ever, we live in an increasing volatile, uncertain, complex and ambiguous world (VUCA). The only key to surviving and thriving in such a high-risk environment is to learn to adapt quickly to change and become resilient enough to survive the shocks and stresses while continuing to grow towards your life aspirations. ITHRIVE defines resilience as the ability of any lifeform, individual or entity to withstand unexpected external shocks or stresses with the agility needed to continue to survive and thrive to full potential. This resilience is largely obtained by focusing on a strategic approach that contains a balance of strategies and actions identified largely in the following four focus areas:



ITHRIVE's coaching program translates this model into a personalized inward reflection approach; to ensure everyone who goes through our training/coaching program comes out with the necessary skills to be resilient in life and better understand their uniqueness, talents/strengths, growth opportunities and how to go about allocating their energy and budget to achieving their life's aspirations with efficiency and effectiveness. This outcome is largely achieved through an industry proven blend of group training along with customized one-on-one sessions catered to each individuals' goals, aspirations and unique learning style.

At ITHRIVE we believe that overall wellbeing and self-resilience have proven to have a direct correlation with one another. Wellbeing alone is composed of five interrelated and interdependent elements derived from the focus areas identified above. These five elements are shown below in the schematic:

What does wellbeing and resilience really look like?



Health:

It all starts here. Health is truly wealth, without it, you have nothing. Your mind and body are your ultimate and truest foundation; they are your fundamental tools to work with in this life. So having a good health, mindset and enough energy to get things done daily is the absolute and logical starting point to your overall assessment and coaching journey with us at ITHRIVE.

Career:

Too many of us get caught up with the “money trap” – many fall victim to the illusion that money is the solution to their happiness. Many of you reading this eBook might have chosen your education degrees/diplomas based on how much the resulting job would pay or the power opportunities you would have post-graduation. This approach has proven to result in not only unsatisfied careers but depression,

mental illness, addiction, failed relationships, physical health issues and more. A global poll conducted by Gallup in 2017 uncovered that out of the world's one billion full-time workers, only 15% of people are engaged at work. That means that an astronomical 85% of people are unhappy in their jobs.

At ITHRIVE we work with you to recalibrate your compass in efforts to first get you to understand what is most important to you, this takes deep reflection into your unique personality and focus is at the core of who you really are? What makes you special and unique? What are your existing talents and strengths? It is only through this much needed deep reflection can you begin to realize what you like doing each day and what really motivates you. Once this true or close enough reflection of yourself is defined we can then begin to understand what will give you purpose.

Financial:

So yes, money is still part of the overall “wellbeing” equation, but not in the chasing money and power alone sense. What is more important to achieving resilience and sustainable growth is that you must learn how to budget your money! Managing your financial life is vital to reduce stress, anxiety and increase your sense of security moving forward. We teach you these basic financial fundamental skills.

Social:

Having and maintaining healthy supportive relationships with love in your life is equally as important. Through our group sessions you will get to meet likeminded individuals from all walks of life and from around the world. You are encouraged to stay in touch and support one another moving forward post training sessions; join our social media platforms and stay connected.

Community:

Finally, you must like living where you live. Understanding this focus area is part of the holistic approach to feeling “balanced” in life. For many reasons we tend to take a secluded approach to growth, albeit necessary for focus, this shouldn't be the case always. Life should be about growing and giving back to the community. Through identifying initiative(s) you care about in your community and giving back to them you will obtain a reward that is beyond explanation. You will feel connected, feel safe and have pride in your immediate environment. This is an important piece of your overall wellbeing, don't overlook it. Through our community mentorship program we hope you can find a cause close enough to “home” that you can stay connected and contribute towards.

Wellbeing Assessment:

On a five-point scale, with “1” being strongly disagree and “5” being strongly agree, rate the following criteria items listed below:

	1	2	3	4	5
Health Wellbeing					
In the last seven days, I have felt active and productive every day.					
My physical health is near perfect.					

	1	2	3	4	5
Career Wellbeing					
I like what I do every day.					
I learn or do something interesting every day.					

	1	2	3	4	5
Social Wellbeing					
Someone in my life always encourages me to be healthy.					
My friends and family give me positive energy every day.					

	1	2	3	4	5
Financial Wellbeing					
I have enough money to do everything I want to do.					
I have not worried about money in the last seven days.					

	1	2	3	4	5
Community Wellbeing					
The city or area where I live is a perfect place for me.					
In the last 12 months, I have received recognition for helping to improve the city or area where I live.					

Now take a look and reflect on your scores. We encourage you to submit these responses on our online form and schedule a coaching session with one of our experts who can guide you through the next steps to achieve your personal wellbeing growth. You are not alone in this journey, make the time to and don't deprioritize yourself for another day.

Scan the QR code below to access the web-based Wellbeing assessment form:



Change Your Life Around!

The above Wellbeing assessment form will guide you through some basic yet important next steps to kick start your personal action plan. With support from an ITHRIVE coach you can then detail the specific steps you will need to take and track along the way to make sure you achieve your goals and objectives. To create a wellbeing action plan for yourself, consider the following PROSCI change management approach:

- 1) **Determine your current state** – Before making any changes, have a clear idea of where you are today related to the element of wellbeing you are focusing on. For example, if you want to lose 15 pounds, you must first start with your current weight. Measure your current weight, or measure your muscle mass, total body fat or your body mass index. These metrics will give you a clear picture of where you are today.
- 2) **Determine your future state** – Next, determine where you want to go with your goal and objective. Imagine yourself thriving in the element of wellbeing that you are focusing on. Describe how it feels to be thriving in this element. Avoid setting general, open-ended goals like “lose weight” or “save money”. Set Specific, Measurable, Attainable, Relevant and Timely (SMART) goals for yourself such as to save 10% of your salary by the end of the month to put in your savings account.
- 3) **Transition state** – This is where you need to identify the gaps between your defined future state and current state. After you look at your current and future states, identify the gaps that fall in between them. To identify the gaps, answer these questions:
 - A) What are the barriers to achieving this goal/objective?
 - B) What help will I need to achieve this goal/objective? Who will support me in achieving this goal/objective?
 - C) What are my next steps?
- 4) **Create an Action Plan** – Failing to plan is planning to fail. After identifying these gaps and barriers, develop your action plan. Record your plan. Recording a plan makes it easier to achieve your goal. Don't stress about doing this critical step all alone, your ITHRIVE coach can assist you getting started and formulating a well thought out action plan.

