



## Excel at Work and in Life!

What if you could achieve greater success while realizing more balance, energy, and fulfillment? Introducing the Excel at Work & Life Challenge™, a system designed to kick-start your journey to greater success in all facets of your life, including work.

### About the system

Over the course of about six weeks, you will be guided through a development journey to establish meaningful goals in each area of your life, determine the actions required to achieve those goals, and execute against your plan. With the guidance of a certified coach, and encouragement from your peers, you'll embark on a journey toward greater success in all facets of your life.

### Your blueprint to success

The path begins with a clear picture of what success looks like in each facet of your life. This Blueprint for Success is the map that will guide you on the journey toward a more fulfilling and balanced life.

### Tools to support your journey

As part of the challenge, you'll receive the Excel Planner™ a customized planner designed to help you structure your days to ensure you focus on what's most important.

### Strength in numbers

Your likelihood of success is 80% greater if you have a support system in place. As such, you'll complete the challenge as a member of a cohort of like-minded colleagues, committed to supporting and challenging each other along the way.

### Are you ready to excel?

In the Excel at Work & Life Challenge, you will:

- Define what success means for you in each facet of your life.
- Establish the habits necessary for sustainable results and eliminate the ones holding you back.
- Start each day with greater focus, excitement and energy.
- End each day in reflection, considering which actions will make the next day even better.
- Receive the encouragement and support you need to stay the course!

[excelleadershipgroup.com](http://excelleadershipgroup.com)

## Areas of Focus: The Six Life Success Facets™

Over the course of the Excel at Work & Life Challenge, you'll explore each of the six Life Success Facets™, including what success means to you in each area, and strategies to achieve your goals.

### Facet 1: Growth

#### EXPAND YOUR WORLD

- The power of a growth mindset
- Incremental improvements, exponential results

### Facet 2: Well-Being

#### YOUR JOURNEY TO WELLNESS

- Fostering a healthy mind, body & spirit
- Cultivating a positive outlook and gaining perspective

### Facet 3: Connection

#### CONNECTED FOR LIFE

- The key to connecting with others
- Strengthening relationships at work, and home

### Facet 4: Work

#### ACHIEVE GREATER SUCCESS AT WORK

- Doing more with less (effort and stress!)
- Enhancing contribution, satisfaction & reward

### Facet 5: Leisure

#### THE KEY TO RESILIENCE

- Recharging your batteries
- More than hobbies

### Facet 6: Purpose

#### FOLLOW YOUR PASSION

- Discovering what makes you, you
- The values that guide you

#### The Excel at Work & Life Challenge includes:

- Life Success Facet Assessment
- Setting up for success, program kickoff
- One hour with a certified, executive coach to fine-tune your plan
- The Excel Planner™ and Excel Habits Toolkit™
- Weekly 60-minute live facilitated events focused on each of the facets
- Accountability Partner check-ins to share progress and provide support throughout the journey
- Program Capstone

*"Success is a journey, not a destination." - Arthur Ashe*

### About Excel Leadership Group

For more than 20 years, Excel Leadership Group associates have worked as mentors, coaches and consultants to some of the world's leading organizations to provide a powerful combination of immersive learning experiences, leadership programs and executive coaching to accelerate their personal and professional development. Having worked with over 200 organizations around the globe, we partner with clients to create development solutions that unlock human potential to build competitive advantage.

Register today at [excelleadershipgroup.com](http://excelleadershipgroup.com) to see how you can sign up for the next **Excel at Work & Life Challenge** or contact us to discuss bringing the challenge onsite.