



# DMI Schedule of "Empower Your Life" (Preview)

**Topic:** Self-Empowerment

**Date:** Sunday, **July 20th, 2008** (Six Hours)

**Version:** Preview

**Type:** **Public** Training

**Cohort:** 3

**Level:** Foundation

| Process  | App. Length | Time          | Trainer/Backup | Objectives  |
|--|-------------|---------------|----------------|---|
| <b>Main Session</b>  |             |               |                |   |
| <b>Introduction</b>  | 15 mn       | 01h00 - 01h15 | Sithen         | Warm up, introduce the key speaker to the audience  |
| <b>Self-Reflection</b>                                     | 15 mn       | 01h15 - 01h30 | Thomas         | Position yourself in terms of your life goals, realize your self-worth and directions   |
| <b>From Nobody to Somebody</b>                             | 40 mn       | 01h30 - 02h10 | Thomas         | Learn from some role models how they succeed in life, discover how to benchmark them  |
| <b>Difference between Successful &amp; Normal People</b>   | 40 mn       | 02h10 - 02h50 | Thomas         | Explore what makes the difference between success & failure, master the characteristics of successful people & avoid flaws of normal people |
| <b>How to Optimize our 5ee</b>                             | 30 mn       | 02h50 - 03h20 | Thomas         | Discover how to take advantage of our 5 senses, realize how they contribute to our success  |
| <b>Interval</b>  | 20 mn       | 03h20 - 03h40 |                | <i>Relax, ask questions, socialize</i>  |
| <b>The Power of Vision</b>                                 | 40 mn       | 03h40 - 04h20 | Thomas         | Kickstart change, define your vision, develop excitement & enthusiasm about your action   |
| <b>How to Identify your own Strengths &amp; Weaknesses</b> | 01h30 mn    | 04h20 - 05h50 | Sithen         | Know personal character, find out moral and ethical standpoints, accept oneself   |
| <b>What is really "The Secret" of Success?</b>             | 40 mn       | 05h50 - 06h30 | Thomas         | Learn this secret from motivational gurus based on scientific evidences, prepare success mindset  |
| <b>Q &amp; A</b>   | 30 mn       | 06h30 - 07h00 | All            | Ask questions about the preview and around register in the two-day training   |

| Bonus Session                           |       |               |                        |   |
|---|-------|---------------|------------------------|---|
| <b>Award &amp; Certificate Ceremony</b> | 15 mn | 07h15 - 07h30 | Thomas                 | Witness achievement & leadership of the participants of the previous training                     |
| <b>Sharing</b>                          | 15 mn | 07h30 - 07h45 | <i>To be confirmed</i> | Discover why the actual training is even more powerful than the preview training, listen to guest |
| <b>Closing</b>                          | 15 mn | 07h45 - 08h00 | All                    | Wake up, relax with inspirational songs, get ready for the new day/life                           |
|   |       |               |                        |   |

**NB: DMI reserves rights to modify this schedule if need be and without prior notification. For networking purposes, participants are requested to dress professionally.**

**The preview training is a prerequisite to our acutal training, which will take two days.**

**Bonus Session is optional for the new participants and particularly arranged for the participants of our previous two-day trainings.**