

# Totally Responsible Person: Key Program Topics

*This powerful training covers a range of topics. Individuals develop rapid awareness of their personal mindset, and how to apply the TRP approach to life and business.*



## **Victim Mentality ⇄ TRP Spectrum**

Develop self-awareness of our mindset. Learn to choose our responses, rather than our default reactions to life. Awareness allows choice and empowerment.

## **Becoming a Totally Responsible Person (TRP)**

See what happens in life, either good or bad, as Opportunities For Learning and Growth (OFLAG). Learn to stay positive, productive, and effective, no matter what the circumstances!

## **Skills Practice: Shifting to TRP**

Practice business scenarios to understand our negative reactions, and how to choose constructive responses. Concludes with action planning and action steps.

## **Character Development**

Harness the power of everyday “Moments of Choice”. Explore ways to develop our “unspoken reputation” through the conscious development of character traits.

## **Organizational Collaboration**

Explore the pitfalls of silos and develop strategies that build collaborative teams and positive culture.

## **Fostering Accountability:**

### **no Rescuing or Enabling**

Navigate personal and professional relationships with higher levels of respect. Explore the distinction between accountability and rescuing with tools to empower others.

## **Giving/Receiving the Gift of Feedback**

Practice both giving and receiving constructive feedback from the lens of the TRP and plan for how to use the TRP perspective for constructive conversations in the future.

## **The Impact of Meaning and Purpose**

Through reflection and stories, identify what is meaningful, and how to keep purpose at the top of our minds. Learn to put “the little things” into perspective and focus on results and reputation.

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