



## Webinar Series Overview

# My Manifesto: A 4-Part Online Guided Series to Reveal Your Best Life

## **Session 1: *The Foundations of You – Strengths, Values, and What Matters***

Pre-session: VIA Survey

Before you can craft your personal manifesto, you must first uncover your unique strengths, core values, and what deeply matters to you. In this session, we'll explore the **first three steps** of the 7-Step Process – identifying your Signature Strengths, seeing what they look like in your daily life, clarifying what you stand for, and connecting with your most deeply held cares. Through reflective exercises and guided discussions, you'll gain profound insights into the essence of who you are and what drives you.

## **Session 2: *Dreaming Big and Releasing Limitations***

What do you dream about? What is holding you back? In this session, we'll focus on the **visionary and releasing steps** of the process—giving you permission to dream expansively while also addressing the fears, self-limiting beliefs, and obstacles that have kept you stuck. Using practical tools from solution-focused coaching, we'll explore how to shift your mindset and step into the future with renewed courage and clarity.

## **Session 3: *Connection and Contribution – Living With Purpose***

Your personal manifesto isn't just about you – it's about how you show up in the world and the impact you have on others. This session dives into the steps of **connection and contribution** – who you want to be known as and the legacy you wish to create. We'll explore the importance of relationships, interdependence, and the ways in which you can contribute meaningfully to your community and the world.

## **Session 4: *Bringing It All Together – Your Unique Personal Manifesto***

Now it's time to integrate all your insights **and craft your personal manifesto**—a private declaration of your wisdom, intentions, and guide for authentic living. In this final session, you'll be supported in refining and finalising your manifesto, **discovering ways to bring it to life in your daily routine, and embracing the ongoing journey of living true to yourself**. Your manifesto is not just a document – it's a commitment to the life you choose to live.