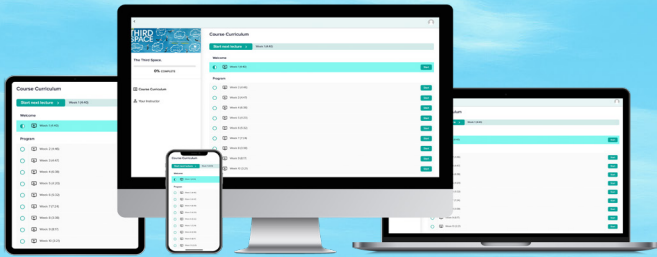


The Third Space

DEVELOPING BEHAVIOURAL AGILITY
ONLINE PROGRAM



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“Some people light up a room when they walk in, others light up a room when they walk out.”

Would you like to learn how to:

- Have a bad day and not take that home with you?
- Be more engaged and connected with the people in your home?
- Be able to turn off at the end of the day and relax?

Dr Fraser’s cutting edge research with Deakin University shows that what high performers have in common is that they use ‘The Third Space®’ to overcome setbacks and assume a mindset to get the most out of what is coming next. ‘The Third Space®’ is the transitional gap between “What the hell just happened?” and “What’s next?”.

OUTCOMES FROM THE PROGRAM

You will learn:

- How to use ‘The Third Space®’ to transition effectively between the different roles, environments and tasks that make up our day, to extract the maximum value from each.
- How to ‘Show up’ at work fully responsible for the energy you bring to constructively affect the behaviour and culture of your organisation
- How to connect better with your friends, family and loved ones.
- A simple three step process to perform between work and home to dramatically improve work life balance and overall happiness
- How to use ‘The Third Space®’ when working from home to work more effectively and be able to switch off at the end of the day.

PROBLEMS IT SOLVES

- Increases performance by stopping you from carrying the stress and frustration from one environment to the next
- Helps you turn off at the end of the day so you can go home, connect with your loved ones and come back to work more refreshed and focused.

RESEARCH OUTCOMES

- 43% improvement in the mood in the home, practicing The Third Space® on the commute between work and home
- 91% increase in Boundary strength (the ability to not let the previous interaction have a negative impact on the next interaction).

THE PROGRAM IS A COMBINATION OF

- A 10 week program that you can view virtually across any device
- Videos that deliver the concepts to you
- Surveys that measure your progress
- Written action plans that help you develop new habits.

Investment: \$149

CLICK HERE to find your Third Space!