

**PRACTICAL SELF-IMPROVEMENT**

**Session 1: Soft Skills Hard results**

**Notes**: “Wow” moments (make a note of the things which make you “click”…ie “wow moments” eg. key ideas, thoughts or statements – you can then refer to them in future)

* Think of a “good” decision you made
* Now think of a bad one
* Improve your decision making by focusing on the PROCESS of how you make choices not just on the outcome.

**1. Frame** **the decision**

**2. Gather information**

**3. Come to a conclusion**

**4. Make the decision**

**5. Learn from feedback**

1

10

20

30

40

50

60

70

80

90

100