



Essentiali

The disciplined pursuit of **less**

This book based course effectively introduces the idea of essentialism, a systematic discipline for discerning what is absolutely essential, then eliminating everything that is not, so we can make the highest possible contribution toward the things that really matters.

Overview

This course aims to help participants learn how to apply a more selective criteria for what is essential, and regain control of their own choices so that they can channel their time, energy and effort into making the highest possible contribution toward the goals and activities that matter.

How this course

Each chapter of the book is divided into three sections. The first part includes an activity that allows the participants to identify the chapter's main objective. The second part explains to participants how to read the chapter's content. Lastly, participants are given time to reflect on the discussion questions and share their findings.

WHAT YOU WILL

- Be more selective
- Regain control of your choices
- Make your highest contribution towards goals that matter
- Transform your mindset into thinking that tasks are not “one more thing to do”

WHAT YOU

On the Course you will receive the

- Course Workbook
- Feedback & Action Plan
- RedRock International Certificate of attendance

The Experience:

Course development
Experiential learning
Feedback
Analysis and Evaluation

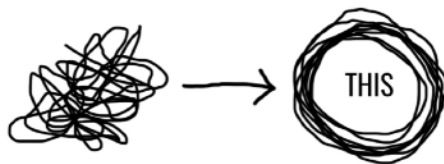


Duration

Two days

See our website for more details

Course Model



Nonessentialist

Essentialist

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