

Personal Development Programs

Purpose Driven Habit Building

Habits are amongst the most powerful capabilities people have. Strong habits make people strong; it makes habitual tasks easy, enabling an individual to do things very successfully without effort. In many instances, a person keeps falling over the same stone in the road because one single habit – watching where you step when jogging – is weak. Two practical micro case studies will demonstrate this point. A student struggles with a specific subject for the simple reason that his habit of routine is critically weak. A teacher experiences her work with senior high school students to be very exhausting because her habit of helping people is almost absent. **The critical point to keep in mind is that habits form relatively easily and we can change the challenges we experience through a process of habit reconstruction.**

Purpose Driven Habit Reconstruction

Shadowmatch identifies and quantifies more than 25 of our habits. The system maps the relative strength of the habits and generates a full report with explanations and expectations on each habit. The system also recommends a specific habit that will be beneficial to develop. But the person – that's you – can decide to develop any of the habits for a specific purpose. Say, for instance, someone is appointed in a job with high people demands. That person can then decide to do the Personal Development Program to strengthen their People Positive habit - even if that habit is already strong. It will only make it stronger to deal with the demand.

Coaching Dependent

Shadowmatch research has, again and again, proven the fact that these programs are very coach dependent. The programs are fun and challenging, but also, in a way, tough. A coach plays a very important role in the process by adding the necessary energy and project management style coaching to help with optimal progress and completion.

In Short, this is the Process

Do the Shadowmatch worksheet, receive your report immediately and go through your report with your coach. Then decide on a specific habit you would want to develop, let your coach activate the program, and the process starts.

These programs have a specific end date. Upon successful completion of the program, your coach will sign your certificate of completion. Shadowmatch builds systems that build success for all!