

P.O.W.E.R Toolkit™

Fundamental Tools to Change Habits and Drive Results



Are your old habits keeping you stuck?

Keeping you from reaching your goals? From living the life you want for yourself?

Do you know that you need to start doing something differently, but aren't sure how?

If these resonate, our 5 week virtual program called the **P.O.W.E.R Toolkit™** may be for you.

It is a weekly call where you will be lead through the relevant, action oriented and transformational tools from Your P.O.W.E.R System: The 5 Fundamental Principles for Exceptional Results and living your best life™.

The **P.O.W.E.R Toolkit™** was created based on our **5 CORE BELIEFS:**

1. You are the biggest obstacles standing in your own way of achieving the success you want.
2. The details around you aren't going to change, it's how you choose to navigate them that will.
3. You can't figure it all out alone.
4. To live your best life you need to step outside of your comfort zone.
5. There are 5 Fundamental Principles that need to be present in order to achieve your desired results and to enjoy the ride.

“You don't know what you don't know”

This is your opportunity to equip yourself with the tools that will enable you to change the habits that aren't serving you with others that will.

What would change for you if 5 weeks from now you:

- Kept yourself accountable to do what you say you want to do?
- You chose to play a bigger game?
- Knew exactly how to do things differently?
- Had the opportunity to use an online community to keep you accountable and to celebrate your actions?

A message from Victoria Turner, the founder of Your Power Outlet

To the authentic women who want to thrive at work and in life,

I am writing you because it is my passion to help women get out of their own way. I truly believe that we are the biggest obstacles limiting ourselves from living our version of success, our best life, whatever that looks like for you.

I know this because I stood in my own way for the first 35 years of my own life. I was afraid to fail. To not live up to other people's expectations or for someone to realize that I wasn't as good or as smart as they thought I was. My confidence was low. I didn't trust in myself.

Can you relate?

What I hadn't realized was that it was my limiting beliefs keeping me from the success that I wanted. My internal assumptions and thoughts kept me in my comfort zone, unwilling to do things differently, so I could start living a more fulfilled, happier, and exceptional life.

Luckily, it didn't take 100 hours of therapy.

My TSN turning point was when I realized the power of my choices. That the details around me won't change, but how I choose to respond to them or navigate them will.

Needless to say, my life and business transformed when I realized that I was standing in my own way of achieving the success I wanted for myself. I have since coached and lead hundreds of other women to create the

same type of change. To get out of their own way and find more joy and successes in this one life we have to live.

The other catalyst for my accelerated results was when I invested in myself. When I realized that I really "didn't know what I didn't know." I needed to learn. I enrolled in a program that connected me with like-minded professional women who also wanted more for themselves, to learn new ways of navigating their lives and careers... while enjoying the ride. I learnt so much from my peers and knew that without the ability to be exposed to other people's perspectives and experiences my results wouldn't have been the same.

It's from these experiences that I have created Your Power Outlet and the programs that are available to meet you exactly wherever you are in your desire to drive change.

Cheers,

Victoria Turner

Founder of Your Power Outlet

Click [Here](#) if you already know that this is what you've been waiting for.

Your P.O.W.E.R Toolkit™ is right for you if:

- If you are tired and frustrated by your status quo.
- If you are ready to create real change over the next 5 weeks.
- If you know you need to figure out new ways to achieve your desired results so you can live your best life.

This being said, if you also know that you are looking for a more intimate and personal experience while learning the exact Tools, you will find that **P.O.W.E.R Advisory Boards™** may offer you more of what you need.

As a participant in the P.O.W.E.R Toolkit™ program you will:

- **Learn how to** create the small shifts in your mindset that lead to the BIG shifts in the results you achieve and how you feel about yourself.
- **Learn tools** that are the building blocks of inspired action and transferable to those you lead and influence.
- **Take consistent, purposeful and inspired action**, over the 5 weeks, so you can create the changes and get the results you want.

How it works:

On each call you will:

1. Be introduced to the simple and practical, principles and Tools to drive your desired change.
2. Access to worksheets to deepen your understanding and make the content relevant to your life and your details.
3. Be asked to identify One Bold Action you will take each week.

As a participant you are also able to participate on a monthly **“Open Office”** call. This is where you can ask any questions you may have to find the clarity you need.

Each meeting you will be introduced to the simple and practical, Principles and Tools from:

Your P.O.W.E.R System: The 5 Fundamental Principles for Exceptional Results and Living Your Best Life™

PRINCIPLE 1: "P" for PLAN

"Not having a plan is like taking a road trip without a final destination in mind. You will spend a lot of time, energy, and resources, and at the end of the day may be no further ahead."

It's here that you will get really clear about what is truly important to you at work and in life, and set these as your clear priorities that will enable you to create the future you want for yourself. Without investing your time to get clear about your priorities, **six** months, **one** year will go by and nothing may have changed.

This is where you:

- Get really clear on what's important at work and in life, **to make sure these become a part of your day-to-day.**
- **Realize what** you want to say 'yes' and 'no' to so that you are prioritizing your goals and your life.
- Stop doing all of the **'busy priorities.'** **So you can focus on your true priorities..**
- Realize that work is one piece of your entire life. Prioritizing the other important pieces enables you to fuel a more exceptional and fulfilled life.

PRINCIPLE 2:"O" for OPPORTUNITY

"If you can't reframe to find new and empowering ways to see what is currently keeping you stuck then you will continue to fall short of your goals."

No matter how clear your goals or a plan may be, if fear, insecurity, self-doubt, etc. rear their heads, they will limit your ability to move forward. If you don't know how to move past stuck, to see your current challenges from new and more empowering perspectives, you will keep falling short of your goals and a more fulfilled life.

This is where:

- You learn **how to move from stuck** with feelings of **insecurity, fear, or self-doubt into purposeful and confident action.**
- This is where you will **learn the tools to help find empowered perspectives that lead to inspired action.**
- You **OWN** the power of your choices.

"My most invaluable takeaway from the program was the power of my positive thinking and the acknowledgment of what opportunities exist when I chose to step outside of my comfort zone."

PRINCIPLE 3:"W" for WHY NOT YOU

"Why Not You! If you don't believe in yourself, why should others?"

No matter how much others believe in your potential and abilities, if you do not, your actions and results will be limited. If you take a seat to negotiate with your boss, pitch to a client, or engage in a challenging conversation, your outcome will be very different if you are listening to your negative inner voice vs. owning your perspective and the value you bring to the table with quiet confidence. This is where you will be lead through a system with the outcome of truly trusting in yourself.

This is where:

- You **choose** to trust in yourself and to play to **your highest potential**.
- You **choose** to separate your **truth** from the stories of your past.
- Your **belief in yourself grows** and your self-confidence deepens – no egos involved!
- You wholeheartedly choose to say "**I am more than good enough**"

PRINCIPLE 4:"E" for EVERY DAY

You can't help but achieve success with consistent and purposeful action that is in line with what is important to you at work and in life.

It's not necessarily about doing more of the same thing, in fact it may actually be about pulling back to refuel or choosing to saying no to things. It's about being purposeful every day. It is about making space for the things that truly add value to you and to living your version of success. The future you want for yourself is created in your everyday.

This is where:

- You access our **tools for accountability** that foster and **celebrate consistent action**.
- You **commit to actions** that are purposeful in achieving and living your best life.
- You realize that you **aren't a machine. Purposeful rest, connecting with friends, taking breaks, your health, etc.** are also vital to your success.
- **You incorporate gratitude** into your life - yes this has a tremendous impact on your everyday and the results you achieve.

PRINCIPLE 5:"R" for RESULTS

"You have to do something differently to achieve new results."

The life you want for yourself is not going to be found within your comfort zone. To live your best life you will need to take confident action that is outside of it.

This is where:

- You learn **tools to move you into purposeful and confident action** that moves the dial.
- Where you **learn how to take the confident action** that you would typically avoid, to achieve what you are striving for.

These are the exact principles hundreds of women have relied on to drive change and achieve the successes they desire in work and in life.

But you don't have to take our word for it, here is what others have said:

"The program gave me clarity and a laser focus on what I needed to do to move the dial, now. I know that the tools I have learnt will be something I take forward with me. They are transferable to my team and easy to implement. They are the building blocks that have catapulted me into purposeful action."

- Penny Hicks. Group Publisher, Women's Service Chatelaine, Today's Parent, Canadian Health & Lifestyle, Rogers Publishing Ltd.

"This program gave me the boost I really needed in my life, both personally and professionally. The tools used throughout the program were thought provoking and calls to action which then allowed me to revisit the goals I had for my business and for myself. This process generated a new sense of excitement, motivation and a fresh perspective. As a direct result, this has generated more activity for me than I have experienced since starting in this role. I look forward to continuing that trend!!"

"Victoria really gave the space to get clear on what my values and purpose were, and then face the very important question - why not me!? Learning new ways to reframe everyday challenges as opportunities is something that will serve me immensely moving forward!"

