

The book cover features a white background with abstract green geometric shapes on the left and right sides. The shapes are composed of various shades of green, from light to dark, creating a modern and dynamic look. The title is centered in a large, bold, green serif font.

Charge Ahead: Rev Up Your Personal & Professional Performance

Paulette Cunningham, M.Ed
Phenomenal Communications, LLC

1. “Versions of You”

The image shows four stick figures, each with a green oval head containing a version number (1.0, 2.0, 3.0, 4.0). Below each figure is a table with a green header labeled 'Description' and ten empty rows for notes.

1.0	2.0	3.0	4.0
Description	Description	Description	Description

Charge Ahead...

Webinar Series - Session 1

Until Next Time

Activity 1.

Think back, What was your mindset as you transitioned to each new version of yourself? Where were you emotionally? Mentally?

Version 1

Version 2

Version 3

Version 4

Activity 2.

What were the catalysts for each new growth level? Were they self-directed or spurred from the outside?

Activity 3:

Which versions of yourself represented personal growth? Professional growth? Both?

Blank space for notes.

Activity 4:

Take note of where you are RIGHT NOW in your life.

Personally

Blank space for notes.

Professionally

Blank space for notes.

Emotionally/Mentally

Blank space for notes.

Activity 5

Specifically, in what place do you desire to be next?

Personally?

Blank space for notes.

Professionally?

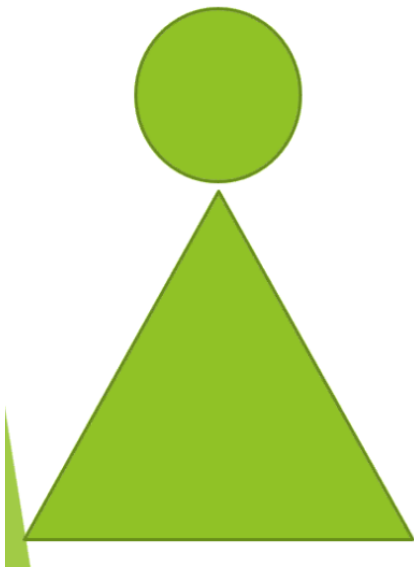
Blank space for notes.

NOTES



Session II - Handouts

Choose or Lose



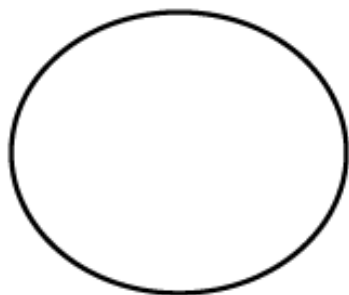
Choose



Name _____ version ____

Choose or Lose

What I Choose



What I Lose



NOTES



Session II Hand-Outs

Match your outer world to
your internal vision...



Righting Your Environment "Oak Tree Growers"

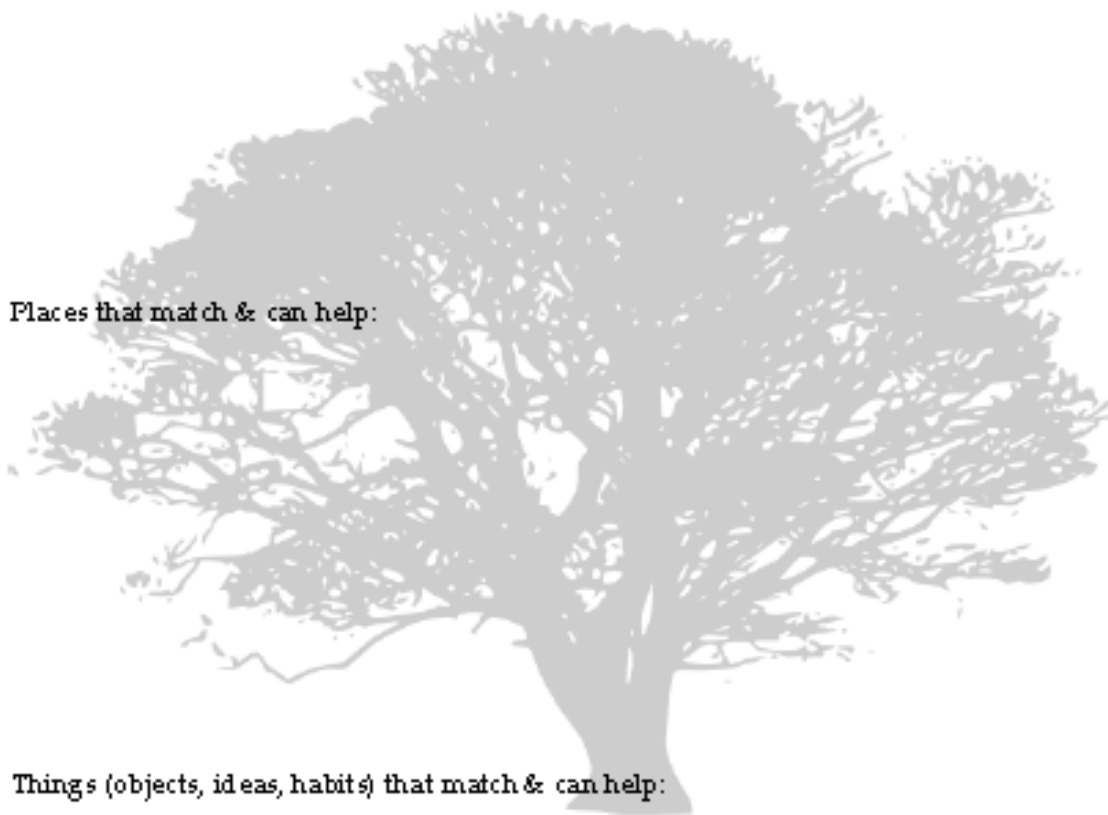


Name _____ version _____

People who match & can help:

Places that match & can help:

Things (objects, ideas, habits) that match & can help:



Righting Your Environment “Acorn Crushers”



People who don't match:

Places that don't match:

Things (objects, ideas, habits) that don't match:

NOTES



NOTES

