

2020 KICK STARTER KIT





Who said anything about New Year's resolutions?

New Year's resolutions? What bollocks. That's so 2019! What we need is practical and empowering #challenges to kick off 2020 with a bang! Where do you want your changes to occur? What mindset do you need to kickstart the year? How much do you really want to #challenge yourself?

What we need is #2020Challenges to inspire and motivate us for the next 12 months (and have some fun in the process). Let's get cracking!

You love it & wanna share it?

If you love it & wanna share it, go ahead! We won't stop you! This is an awesome way to kickstart 2020 and get your mojo back! Share it with your family, friends, team members, colleagues! We dare you to do our #2020Challenges and even set up your own challenges. Don't forget to keep us in the loop! We'd love to track how awesome you are doing!

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Get to know us! Follow us! Share our #2020Challenge with your people!



BLYTHE ROWE

Passionate. Energetic. Enthusiastic. Edgy. Blunt.
All words to describe Founder of Human Incite,
Speaker, Trainer & Author of "Bullies, Blamers, Bludgers".

Love Blythe xx

Blythe is widely recognised for her expertise in people, culture and performance as well as her ability to shake things up. She is on a mission to rid our workplaces of toxic behaviours, build meaningful relationships and create workplaces worth belonging to!

Blythe is the founder & director of **Human Incite**, a people and culture business which partners with leading organisations in their quest to create awesome leaders and great places to work. She spent many years on the other side of the fence in the corporate world in senior HR roles. In 2012, she wrote her first book '**Bullies, Blamers & Bludgers**'.

Since then she has travelled around the world, sharing her insights, inspiring action, revving-up productivity and performance within organisations. She is an advocate of supporting brain-friendly workplaces through understanding the potential of the brain and always searching for innovative ways to collaborate with other organisations.

She partners with organisations across the globe in their quest to future proof their people and business by developing brain-friendly leaders, building connected and accountable teams and creating workplaces which optimise performance.

She is the mumma to two beautiful daughters and wife to one very supportive husband, Muzz.



GET IN TOUCH

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TO SEE BLYTHE IN ACTION

WWW.BLYTHEROWE.COM



LET'S
kickstart
YOUR
2020
TODAY!



WHAT'S ON YOUR MIND

Today?



Share your journey with

@BlytheRowe #2020Challenge #2020Kickstarter

MANTRA #1

GET YOUR BACK!

mejo



WHY?

Silly season has come and gone. New Years resolutions have been made and already broken. Let's face it, we often make these resolutions (after a few vinos) full of hope. Then we fail to actually do anything, so we set ourselves up for failure and lose our mojo before we have even started. So, instead let's ditch the resolutions and bring our mojo back. Let's find out how...

WHAT DO YOU

want to achieve by the end of 2020? What do you need to **change & stop** doing?

WHAT DO YOU

want to achieve by the end of 2020? What do you need to **challenge yourself & start** doing?

HOW?

Choose one overarching theme that will guide your decisions in 2020 (e.g. growth, strength, leverage).

CHALLENGE

Break down 2020 into quarters (90 day sprints):

ACTION

What is your 'focus' for next 90 days?

TIP #1



Our **EA Masterclass** on keeping your mojo throughout your career equipping you with skills, tips and strategies to move forward and upward! Alternately we offer Team Strategy Days to kickstart your team into action and focus them on the key strategy areas, create clarity for the year ahead and provide some extra motivation too.

KEYNOTE & STRATEGY DAY AVAILABLE

YOUR 2020

CHALLENGE

Here's a simple #2020Challenge to bring your mojo back!

1. Remember to stretch yourself, whilst staying realistic.
2. Ask yourself, what does your head and heart want?
3. Find an accountability buddy, share your action and stick to it!

Share your 'action' with 5 different people
(personally or professionally)
and ask them to hold you accountable.

WHY?

It's a simple but effective action to keep you in check of doing what you committed to do and making sure you are accountable to see it through!



MANTRA #2

BOOST BELONGING SHOW

you care!



WHY?

Everyone is dead set on driving performance. Individual, team and organisational performance. And yet if one fundamental ingredient is missing, it's all in vain. Us humans have a fundamental need to connect and feel like we belong, so the foundation to driving performance or sales is to ensure that people feel like they truly connect first.

WHAT DO YOU

want to achieve by the end of 2020, in terms of workplace relationships? What do you need to **change & stop** doing?

WHAT DO YOU

want to achieve by the end of 2020 in terms of workplace relationships? What do you need to **challenge yourself & start doing?**

HOW?

It's sooper simple, it's the little things that matter. Always remember to listen and be present, pay attention to people around you more than on yourself – it's not rocket science!

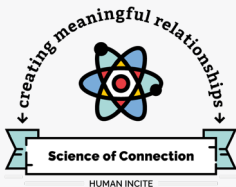
CHALLENGE

It's asking more than you talk & 'being truly present'.

ACTION

It's taking an interest in the person not just the employee or customer & remembering the little things.

TIP #1



Our **Science of Connection** focuses on the importance of how to build effective and meaningful relationships. Mastering various strategies in communication using methods including verbal, non-verbal, digital, social and analogue, both professionally and personally.

KEYNOTE & FACILITATION WORKSHOP AVAILABLE

YOUR 2020

CHALLENGE

Here's a simple #2020Challenge to practice kindness!

1. Explore who could benefit from a simple act of kindness around you.
2. Acts of kindness can be the smallest of actions, don't over think it.
3. Remember, acts of kindness start with you and will get amplified!

5 Acts of kindness to show you care for your colleagues or customers.

WHY?

Simple as sending a nice text, writing a handwritten card, buying someone a thank you coffee will make someone's day and a simple act of kindness will spread from one to another.





**LET'S
MAKE
YOUR
2020**

awesome!

**ARE
YOU
UP FOR
MORE**
challenges?



YOUR 2020

CHALLENGE

This is a challenge on its own! Build your own challenges!

1. Remember to stay realistic, fun, optimistic & set a deadline!
2. Don't think about 'what if' because 'what if' gets you nowhere!
3. At the end of each challenge, celebrate & give yourself a reward!

*What area do you want to challenge yourself?
Remember, no challenge is too small
or too big, so go for it!*

WHY?

Give yourself a reason or purpose of why you would embark on this challenge.

Write about how it will impact your life, your confidence, performance,
as well as how it would affect the people around you!

What value would this challenge bring?



YOUR 2020

JOURNAL

Resolutions are often wishful thinking that we want to see come true. Challenges are about making those wishes into reality in a fun and achievable way. Challenges have no expiry date or limit. The biggest difference is that you feel great when you achieve them and that motivates us to keep progressing to make positive change.

Express your thoughts and experience of **#2020Challenge!** Share them with your family, friends, colleagues and team. Let us know how you are going!



**MAKING A DIFFERENCE
IS IN DOING THE
LITTLE THINGS TODAY**

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LET'S
get it!