

# UNFOLLOW



ChapterTwo®

DISCOVER • TRANSFORM • LEAD

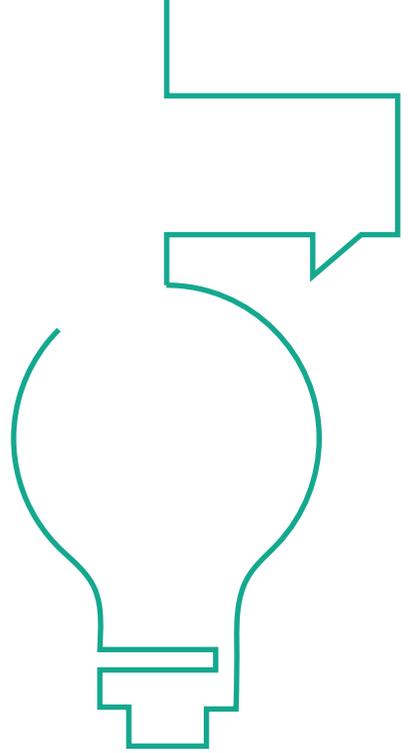
A WORKSHOP FOR ACHIEVING  
PERSONAL BREAK-THROUGHS  
THROUGH THE POWER OF  
POSITIVE STORIES.

# Unfollow is a powerful idea...

We become the stories we tell ourselves. That's why it's important to create and reinforce the right stories, ones that are aligned to our values and our goals. When we do this, we find it easier to make decisions and work with others.

This transformational workshop Unfollow is designed to assist participants go on a journey of self-discovery, identify their disabling patterns and thought processes, and developing new narratives that serve their purpose.

Unfollow inspires people with ideas and techniques on how to harness the power of storytelling to achieve their goals and become happier people.



## Objectives

In this program participants will:

**Recognize** their inner story, the one that's not working for them.

**Evaluate** the truth of that story.

**Rewrite** their story to make it inspiring, congruent with their values, and actionable.

**Learn** to live their story everyday with discipline.



# Program Highlights



Understanding the journey of life and being alive



Art & skill of self-exploration



Empowering take-home tools



Using power of stories to understand the current state



Overcoming obstacles with ease and grace



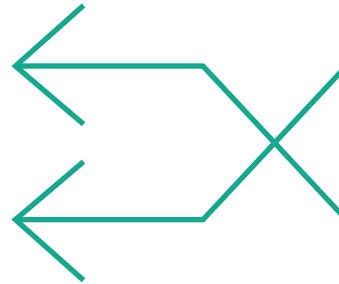
Identifying speed breakers; Self-limiting beliefs



Explore alternatives and create the inner narrative to get there

## Methodology

Unfollow uses the power of stories to understand your current state, explore an alternative that works for you, and create the inner narrative to get there. It offers participants a lively, stimulating blend of concepts, exercises, discussions and role-playing.



## Suitable for:



Leaders at all levels



Aspiring Managers



Anyone who wishes to achieve break-throughs at work

# What's involved

**Workshop Duration:**  
1 Day

**Activities:**

- Self-Reflections
- Using Power of Stories
- Creating inner narrative
- Highly interactive sessions
- Individual & group exercises
- Facilitator moderated discussions
- Presentations
- Q&A

## After the workshop, you can see

- Teams can function more cohesively.
- Increase in team productivity.
- Leaders can engage better with their teams, peers and senior stakeholders.
- People developing a growth mindset.
- Setting audacious goals that they thought were never possible before.
- Planning and executing strategies with laser-sharp focus.
- Better alignment with organizational culture and values.



## ABOUT CHAPTER TWO

Chapter Two Coaching is a coaching consultancy that enables everyone from CEOs to work-from-home parents to achieve their goals by replacing self-imposed limitations with enabling stories.

📞 +91 98867 72639

✉️ [workshops@chaptertwocoaching.com](mailto:workshops@chaptertwocoaching.com)

📘 ChapterTwoCoaching

🌐 [chapter-two-coaching](https://www.chapter-two-coaching.com)