

# How to take Your Life to the Next Level



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## The Power & Leadership Group

***“Empowering a Community of Leaders”***

**We, the P&L Group aims to attract people in the community who are interested and keen to develop themselves and their careers. People who are passionate about life and its possibilities. Who are aware that the power to achieve set goals and achieve is within reach of everyone who knows how to apply successful life-changing habits.**

**We have taken these events to numerous councils and in order to help the community to build leaders. We also have many dedicated listeners who tune into our weekly radio show “An Hour of Power and Leadership” on Casey Radio each Saturday at 8.00 am.**

**Our speakers are well respected and draw on a wealth of experiences, who know how to motivate people to be more, to do more, and to educate them how to be the best in their careers and life. These people are also keen to see how we can assist in helping how to reach goals and put a plan of action into place.**

**We, the team are absolutely passionate about helping the community. The possibilities are endless as we are certain you will agree that it is rare to get a group of motivated and committed people together who take their personal growth and life goals very seriously.**

***Mission Statement: Inspiration and Motivation for individuals to live extraordinary lives and achieve greatness***

## Are We Living Our True Purpose? by Ryan Gomez

***Explore the possibilities and find your true purpose – that is why I recommend attending motivational and leadership events.***

Many of the senior level individuals I coach & speak to tell me they are so busy that they do not have time to go to industry events or conferences. I too feel busy and my to-do list is never ending, however as Steven Covey in his book *'The 7 Habits of Highly Effective People'* says, "We must prioritize activities that are important but not urgent". We know theoretically how important it is to get out of our offices, away from our desks, and network with others but do we make enough time for our own leadership development? I strongly believe the benefits of immersing ourselves professionally away from the office, far outweighs the challenges of being away from work for a few days. Consider the benefits for yourself and see if participating in a professional leadership development seminar might be worth your while.

### **Leadership & Success On Purpose!**

We are always living – seems obvious - but many people seem to go through most of their life on autopilot. Sure they have hopes and dreams, they have ideas and plans, yet few actually achieve them. With every second that passes we lose time given to us to accomplish and experience various things. Not many people around the world can afford to sit in front of a computer and read articles like this compelling them to live life on purpose. They have a clear purpose – survival. They are not dreaming of riches or retirement, they are hoping to survive just another day.

This is not a guilt trip, we are extremely blessed to be living in Australia or some other developed nation where opportunities abound. But to whom much is given, much is expected. It is your duty to succeed, and despite the challenges you have faced, they are by no means an excuse.

I grew up in a third world country, They do what they can to get by, feeding their families, raising their kids – not unlike us over here... but they have very little to aspire in the way of opportunity. In Australia, we can aspire to the heights of society, finance, status, fame, etc and with hard work and some help, we can achieve it in our lifetime as a select few have. Sure its slim, but the chance exists.

I feel a responsibility to make the most of my life. Do you? What would a successful life look like to you? John Maxwell says "Success is knowing your purpose, growing to reach your maximum potential and sowing seeds that benefit others."

My definition of success is actively closing the gap between whom you are now and who God purposed you to be. The big question is, "What is your purpose?"

Here are some foundational principles on purpose, that apply to any created or invented things or being.

- 1. Everything in life has a purpose.**
- 2. Not every purpose is known.**
- 3. If you don't know the purpose of a thing, you will abuse it. (E.g. a surgeon's scalpel can be used to save or take a life).**
- 4. If you want to know the purpose of a thing, never ask the thing.**
- 5. The purpose of a thing is only found in the mind of the maker of that thing.**

## 3 Principles for Being Successfully Unhappy by Jutta Klipsch

This is a guaranteed success formula for being unhappy! If you apply these three principles to your life, and you are still feeling happy, please contact me immediately, so we can fix the problem. After all, who wants to be happy – really?

I presume that you are bursting to know this secret formula, so I will not bore you with more small talk and let us get into our first success principle for an unhappy life:

### **Principle #1: Try to make everybody happy!**

Yes, that is right! If you are not yet one of these fellow human beings, you certainly can change! You bend over backwards to make your partner, your kids, your neighbour, your boss, your co-worker, your parents, or anybody else happy. You cannot say 'no' (God forbid), and you feel responsible for everybody's happiness. Let's please everybody else but yourself. The price you pay by ignoring your own needs and wants, being burnt out, or feeling this 'drop-dead-exhaustion' does not bother you because after all – everybody is happy – except for you! And by making everybody else happy, and putting yourself on the back-burner, at least you don't have to cope with guilt of being selfish. After all, there might be a chance that they validate and love you forever: because you are their people-pleasing champion!

Next super power *unhappiness* principle:

### **Principle #2: Expect EVERYBODY to be happy with you, or like you!**

I personally can guarantee that your unhappiness will not be in jeopardy if you continue to expect everybody to be happy with you, or everybody to like you. I know you have been trying hard to people-please, and to try to make everybody happy, but 'low and behold', you still displease some people and some will not like you! You have been living up to other peoples' expectations – and they are still not happy with you! Yes, unhappiness please stay! (Maybe one day everybody will be happy with you and like you – you might just have to try a bit harder!).

*Note to Reader: current Earth population is 8 Billion*

Last but not least:

### **Principle #3: Wanting to change what you cannot change**

This is my favourite recipe for unhappiness: People trying to change what they cannot change. People trying to control what they cannot control. You will dwell in unhappiness if you have a belief that you can change another person, or certain circumstances which are not in your control. If you use all your energy and resources to change 'the things/people' you cannot change, you will have less for changing the things you can change. So please continue to try to change what you cannot change or control, and your unhappiness will be yours for eternity.

## From Planning to Doing – Making your Goals Happen by Brian McAleer

Many people would say life is too complicated to have goals. We never have enough time, we're all so busy and life is just too messy and complex, so how can we really achieve the goals we set out to accomplish?

We all have goals, whether you think you do or don't. In fact, you have a goal right now, and likely several that you're working towards at any one time. If you've worked hard to achieve something before and didn't quite get it, or wound up somewhere you didn't want to be, believe it or not, you achieved your goal. The difference is your *vision* wasn't clear enough. When our vision is clear and we know what we want and why we want it, we are more likely to get it and less likely to succumb to what we don't want.

We can't always get our vision as clear as we'd like it to be; that's being human. None of us are perfect, but we can practically *perfect* the art of setting goals. For many years, I was resorting to the S.M.A.R.T. way of setting goals; that well known acronym that breaks your goals down into one that is Specific, Measurable, Achievable, Reasonable and Time-bound. After using it several times, I felt something was missing from this popular strategy. I would start off well but quickly lose energy and motivation. I would keep my goal a secret too, so the wrong person wouldn't tell me I couldn't achieve it. And I was great at planning my goal, but would only make a start when I felt *ready* to get started. Can you relate to this?

From these experiences I was able to add my own twist to the S.M.A.R.T. way of setting goals, which then became The SMARTEST Method. It breaks down like this;

**Small & Specific**  
**Measurable & Manageable**  
**Attainable & Achievable**  
**Realistic & Relatable**  
**Time-framed & Task-orientated**  
**Energised & Excited**  
**Stated & Shared**  
**Take the First Step**

Pay attention to those last three letters in the method, EST. They were a result of what I discovered wasn't working in my goal setting experience just doing it the smart way. Discovering that these extra steps made my goals happen so much more often and quicker than ever before, I had found the smartest way and decided to put it all in a book, determined to share it with the world.

Now you can experience "Setting Goals using The SMARTEST Method" for yourself. My book takes you through the method letter by letter, one chapter at a time. It also instructs you on how to construct your goal and gives you extra activities and strategies to make it happen in a way like no other goal setting strategy you've tried before. As the saying goes, "Don't work harder – work smarter".

# WHAT'S THE NEXT STEP?

Come to the next Power & Leadership Event...

## ***“Breakthrough to Excellence”***

**March 7<sup>th</sup> 2017**

Every minute of this program will be dedicated to empowering you with the necessary tools to help you achieve your dreams and be successful in every area of your life. You will leave empowered with the knowledge to measurably improve your life, as well as the lives of your employees and loved ones. The new skills and processes you acquire will help turn your thoughts into action and build the life you have always dreamed of!

Be inspired and get ready to take action on your own goals from the speaker's personal stories and expert advice in a particular field.



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# WHO ARE THE EVENT SPEAKERS?



## **Ryan Gomez – Topic “Leadership on Purpose”**

Ryan Gomez is an internationally renowned Leadership Speaker, Author & Public Speaking Coach. Voted as one of “Australia’s Top Public Speakers”, Ryan was featured on National TV & news articles. Ryan is about “Creating Your Exceptional Purpose”.



## **Father Bob Maguire – Topic “Living Your Meaningful Purpose”**

The Father Bob Maguire Foundation was established by the irrepressible Father Bob Maguire in 2003. Father Bob and his team are totally committed to empowering people who are the best placed to give a hand up to those within their own community.



## **Graeme Alford – Topic “Never Give Up”**

Graeme Alford is an electric public speaker, a well-known personal and business motivator who runs a successful international business. Thirty years ago he’d botched his life. The promising barrister sat in a prison cell facing a considerable time there. Alford transformed his life, using and developing a method as he did so. He calls the method “Mental Toughness”, a program as startling as it is clear. Australian Story labelled him “The Comeback King”. He is one of the most sought after and demanded as a businessman and motivational speaker.



# MEET THE TEAM



**Brian McAleer**  
**Life & Youth**  
**Empowerment Coach**

Brian is an experienced Life and Youth Coach with a strong and successful background in Youth Work, helping young adults build their confidence and gain valuable life skills so that they can go on and experience their own sense of accomplishment.

Teenagers and young adults benefit greatly from Brian's unique approach. Often young people find themselves struggling to set and maintain personal boundaries. Wouldn't it be great if they not only knew how, but had the self-esteem and motivation to follow through?



**Ryan Gomez**  
**Motivational,**  
**Leadership, Author,**  
**Entrepreneur & Public**  
**Speaking Coach**

Ryan Gomez is an exceptional award winning Motivational Speaker, Public Speaking Coach and Inspirational Author. He is available to speak at events across Australia. With over 8 years of experience, Ryan provides motivational keynotes, seminars, and workshops.

Blending wit and wisdom, Ryan Gomez captivates his listeners and helps them transform their jobs, careers; passion from mere pensions and take people through a transformational change.



**Jutta Klipsch**  
**Life Coach, Public**  
**Speaker & Writer**

Jutta Klipsch is the Owner and Creator of "Higher Learnings With Jutta". She is one of Melbourne's leading Transformational Experts, author and motivational speaker.

Jutta brings her unique personality and intuitive wisdom to all of her work which results in generative 'Higher Learning'. She believes this can only be achieved by inside-out transformation. This will create new possibilities, choices and behaviours, and in turn will result in lasting change.

Jutta does not believe in the quick fix or band-aid approach! Her extensive expertise of various Change and Healing Modalities, combined with her ability to intuitively integrate these, is the basis of her outstanding results.

Jutta considers herself as a 'tour guide with a torch' – helping others to uncover the best version of themselves!

# MEET THE TEAM



**Rita Hartney**  
**International Speaker,**  
**Trainer & Author**

Rita is the doyen of customer service and specializes in sales and motivational talks. She has written and implemented the customer service programs for several international hotel chains and Insurance groups, as well as retail stores. Rita is also a Psychotherapist. Rita hosts "Hot Topics with Rita" every Monday from 1.00pm - 3.00pm on Casey Radio 97.7fm. For her involvement and work in the community of City of Casey, Rita has been presented with Senior Citizen for 2015. This is an honour that is appreciated by Rita who was very proud to receive it.



**Saahil Luthra**  
**Founder & Owner of**  
**Dhoom Films**

Saahil Luthra is the Founder and Owner of Dhoom Films. Dhoom Channels airs on National TV. Saahil believes that corporate philosophy is best reflected in our choice of team members and our investments in continuous training. He prides himself in our core team of talented and multi-faceted professionals. This mix of talent and training leads, predictably, to a long list of satisfied clients on hand, and to a secure and confident team bustling with talent and drive.



**Charmaine Gomez**  
**Financial Officer for**  
**the P&L Group**

Charmaine Gomez was recently nominated for outstanding volunteer of the year in the City of Casey for her dedicated work in helping organisations with financials and accounting. This in turn helped those organisations focus on building their businesses. She is a dynamic personality, motivator and a quiet achiever. She works behind the scenes and is a valuable contributor to the community including to "The Power & Leadership Group".

THANK YOU

***"Coming together is the beginning.  
Keeping **together** is progress.  
Working together is success."***

[www.powerandleadershipgroup.com](http://www.powerandleadershipgroup.com)