



maxme

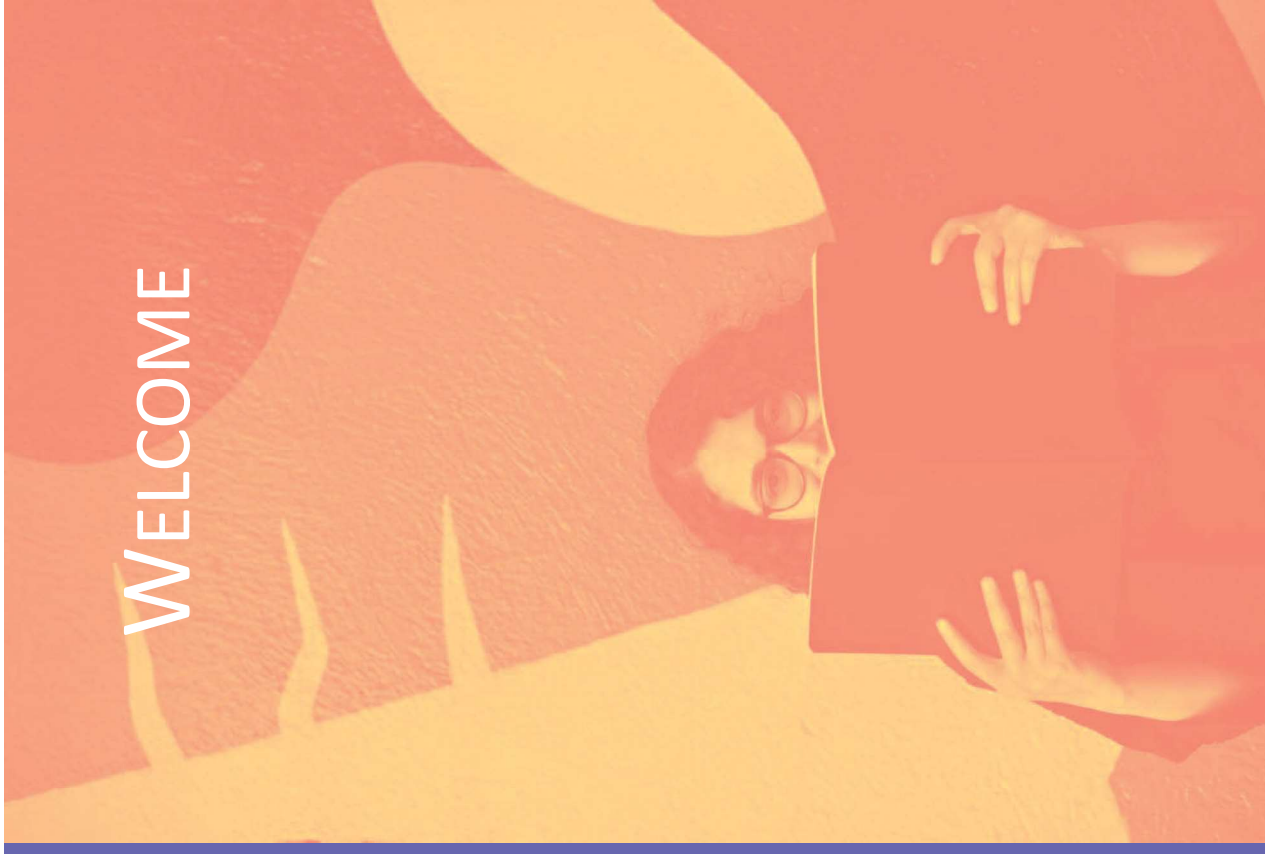
Learn Advance Realise



Renata Sguario
Founder & Managing Director , Maxme

Renata is the founder and CEO of Maxme and also the current chairman of the board of PS+C Limited, listed on the ASX (PSZ), one of Australia's leading end-to-end ICT and digital consulting organisations. She has extensive experience in people management and graduate recruitment programs. During her career she has worked for leading organisations including Accenture, Telstra, NAB and Latitude Financial Services.

WELCOME



Prep Work



Self Awareness

Often, the importance of self-awareness is undervalued and over simplified. It seems like a simple concept to ****know**** yourself, after-all it's YOU isn't it?!

Reality is, very few people really know themselves well because they don't spend much time thinking about it. Those that do often enjoy enviable success, well-being and balance even in challenging and confusing lives and careers.

Self-awareness isn't just knowing what you like or don't like, it's more than that, it relies on the ability to closely understand your strengths, weaknesses, drivers, values and emotions.

Importantly, people who have high self awareness know they always have a lot to learn and that you don't need to, and can't, be perfect or right all the time.

Lets start with Strengths...

For a lot of us, it's ingrained from an early age that being average at anything is not okay. Let's face it, did anyone's parents ever go on about their "A"s or did they ALWAYS focus on the "C"s and "D"s and want to know instantly what you were going to do about it?!

From a young age, we're taught to focus and obsess about our weaknesses rather than celebrate, acknowledge and continue to develop our strengths.

It's time to turn that around.

Take the VIA character strengths survey :

<https://www.viacharacter.org/survey/account/register>

m Communicating with Impact

Communication is at the centre of every human interaction.

Good communicators form and maintain strong relationships, confidently share their thoughts, influence, motivate and generally experience higher levels of satisfaction.

We communicate verbally and non-verbally to express ideas and preferences, connect with people, influence situations and to drive change.

To communicate with impact we need to be able to story-tell, understand non-verbal communication, have well developed listening skills, and have the ability to use these to effectively negotiate and influence.

Some people find communication challenging and easy to get 'wrong', negatively impacting their ability to interact with and influence the world around them.

How good are your communication skills?

Go to

https://www.mindtools.com/pages/article/newCS_99.htm

Once you complete the quiz, read through the description provided for the score that you received, and remember for discussion later.



About Maxme

Maxme is a human skills development organisation focused on helping young Australians develop soft skills critical for employment and career success. Maxme delivers online training via the Hodie app to build these skills and provide practical ways to apply them. Individualised coaching, mentoring and support is also available.

Human skills (also known as soft skills, interpersonal skills, people skills) are crucial to securing work, and thriving in everyday working life. The Hodie app helps students and graduates unlock unique personal superpowers, build human skills and prepare for career success. Hodie is developed from 20 years of coaching, leading and mentoring people. The program covers self awareness, communicating with impact, working together, mindfulness, owning it and creativity.

Thank You

