

---

# An Afternoon With:

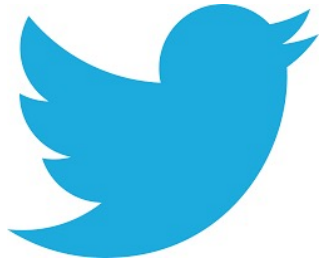




# Gillian Bishop

Chief Executive, North West Employers





#beyourbestyou

@nwemployers

@CMPHN

@beingbrilliant





# Matthew Ashton

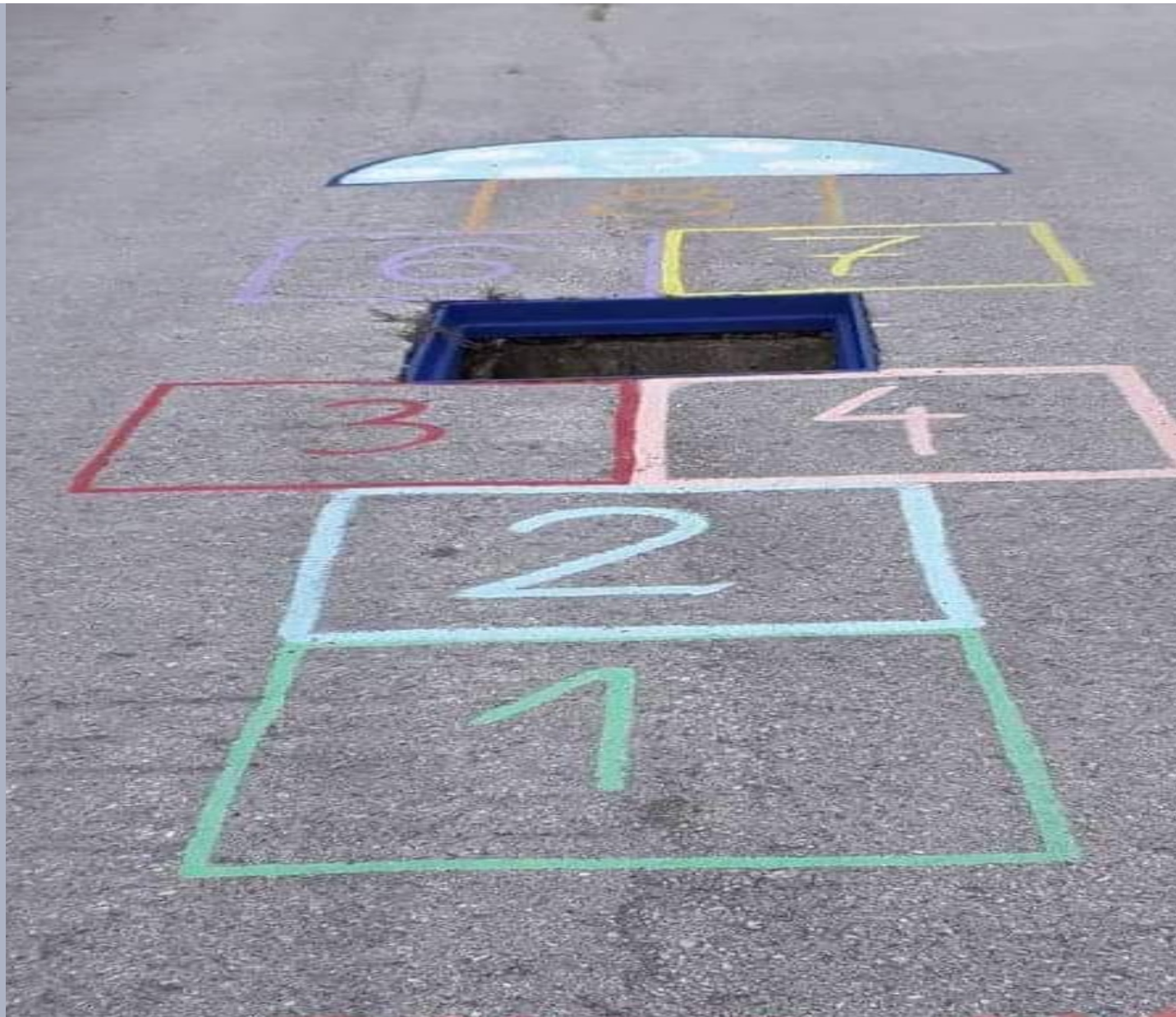
Director of Public Health- Liverpool City Council

---



# The Art of Being Brilliant

Darrell Woodman  
@darrellwoodman

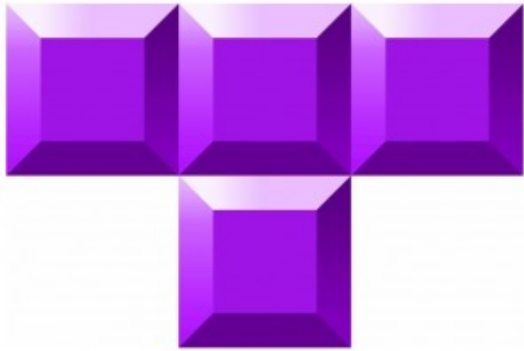






**What were you most  
proud of (about you)  
since March 2020?**

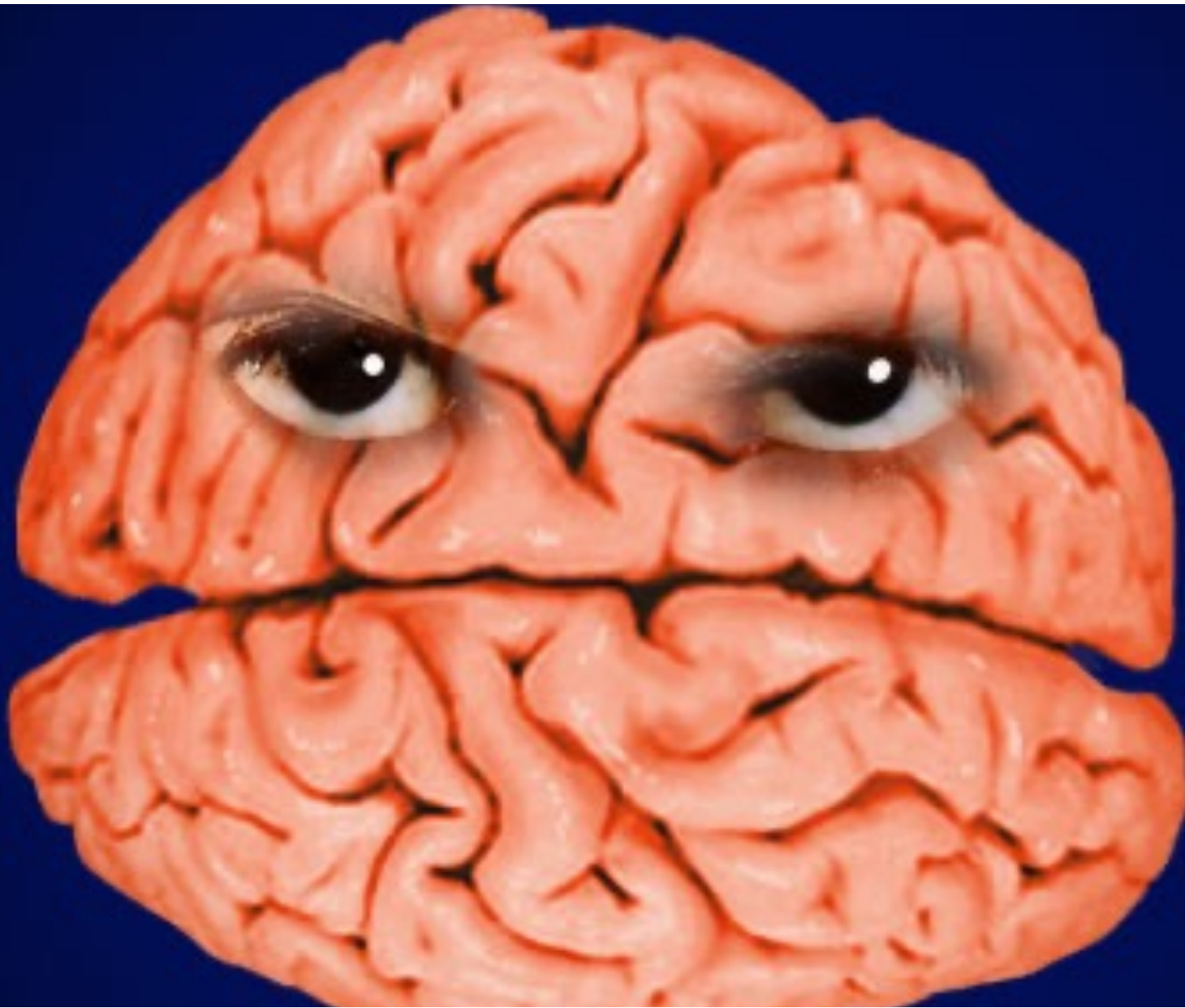




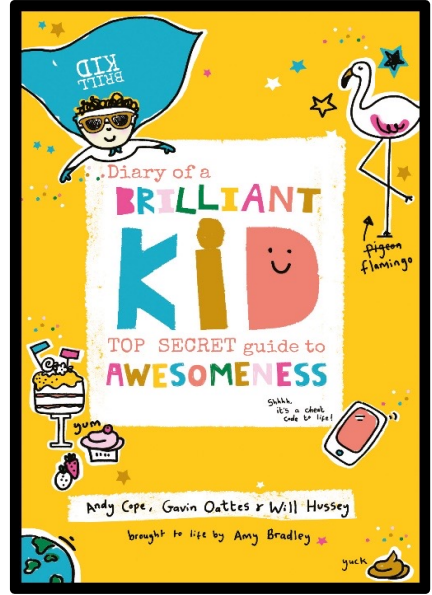
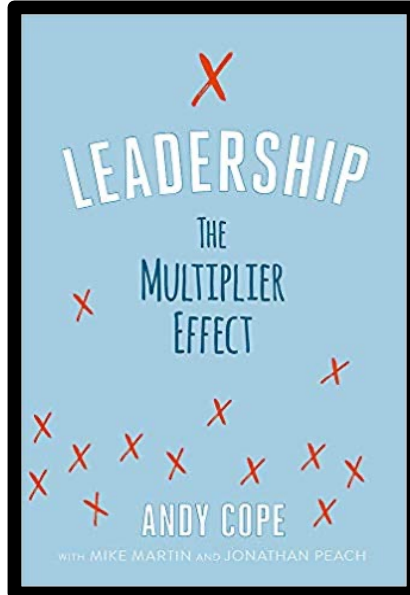
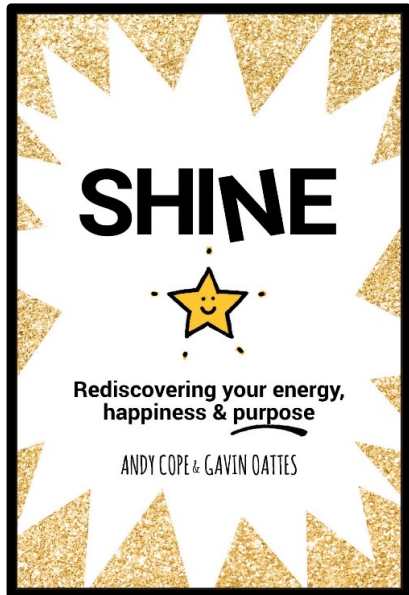
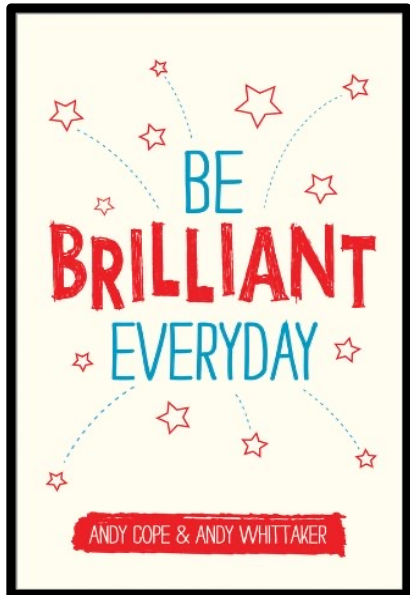
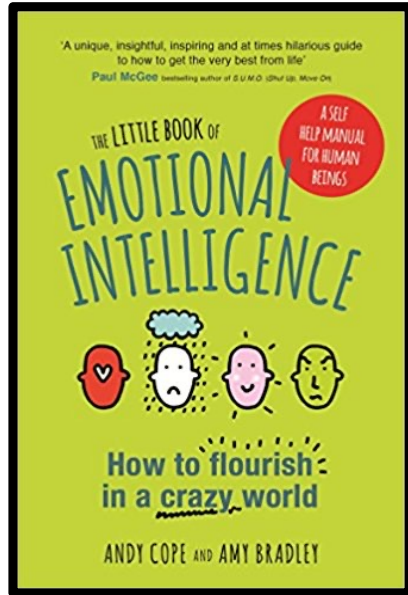
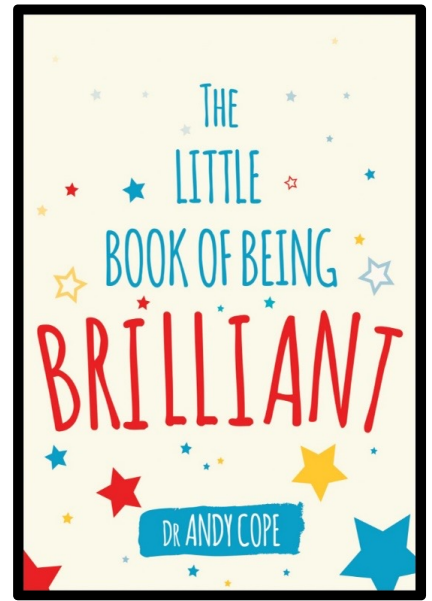
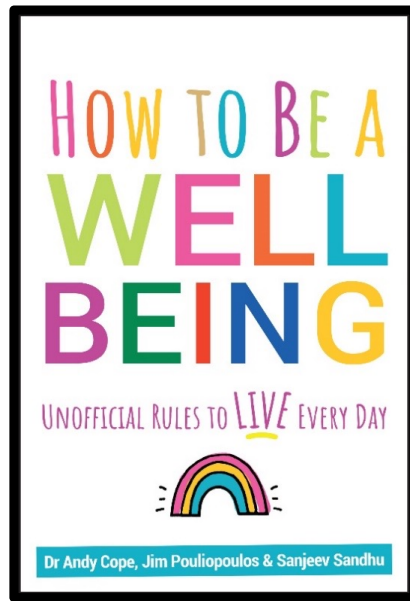
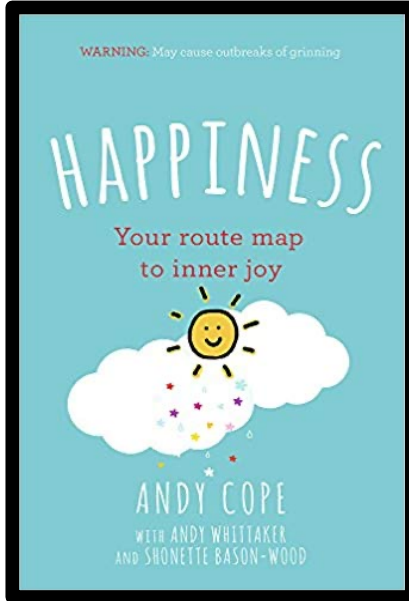
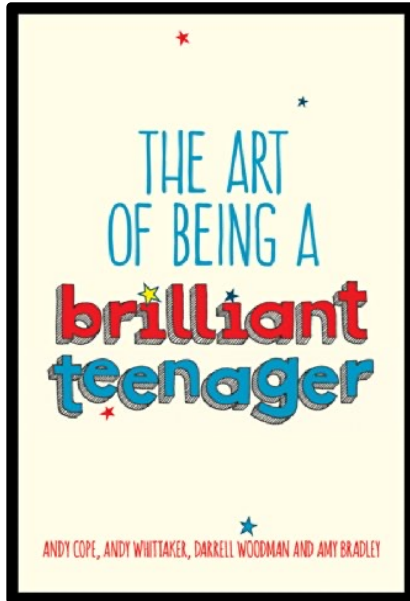
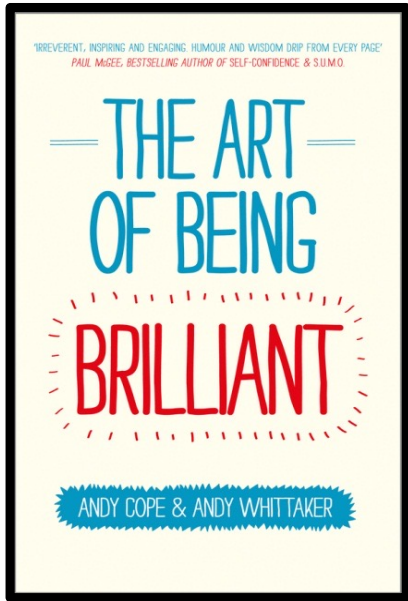














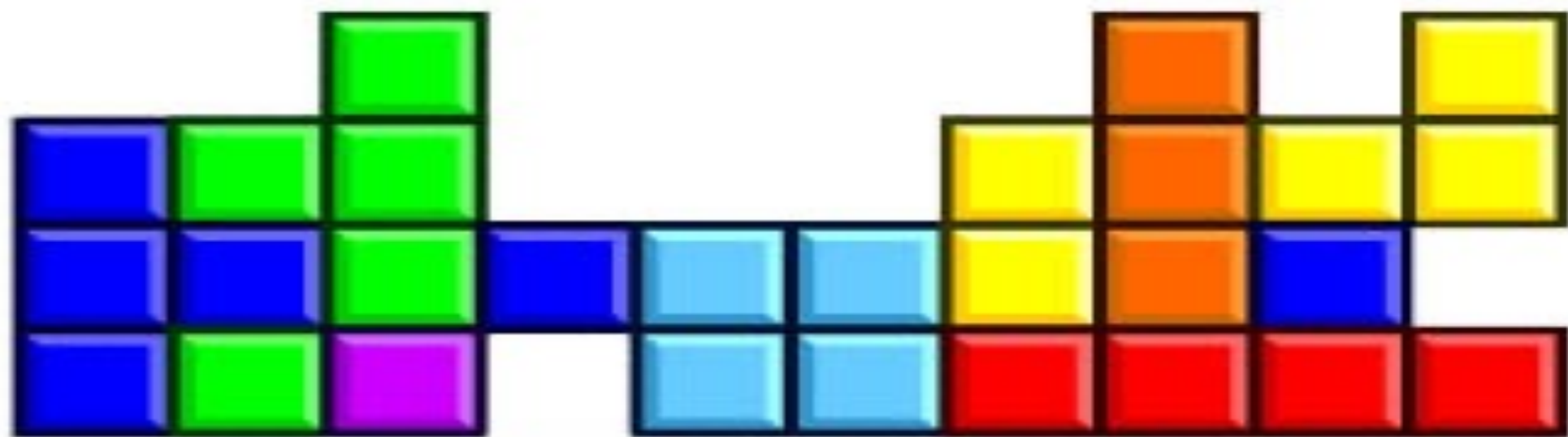
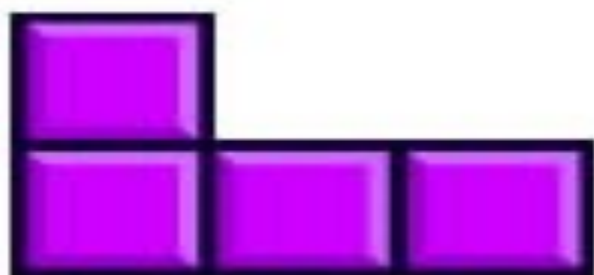
# The Art of Being Brilliant

Darrell Woodman  
@darrellwoodman





~~BUSINESS~~  
AS USUAL



10 THINGS  
YOU'RE LUCKY  
TO HAVE BUT  
TAKE FOR  
GRANTED...



Good  
Moaning





# THE MAGIC NUMBER

2.9013





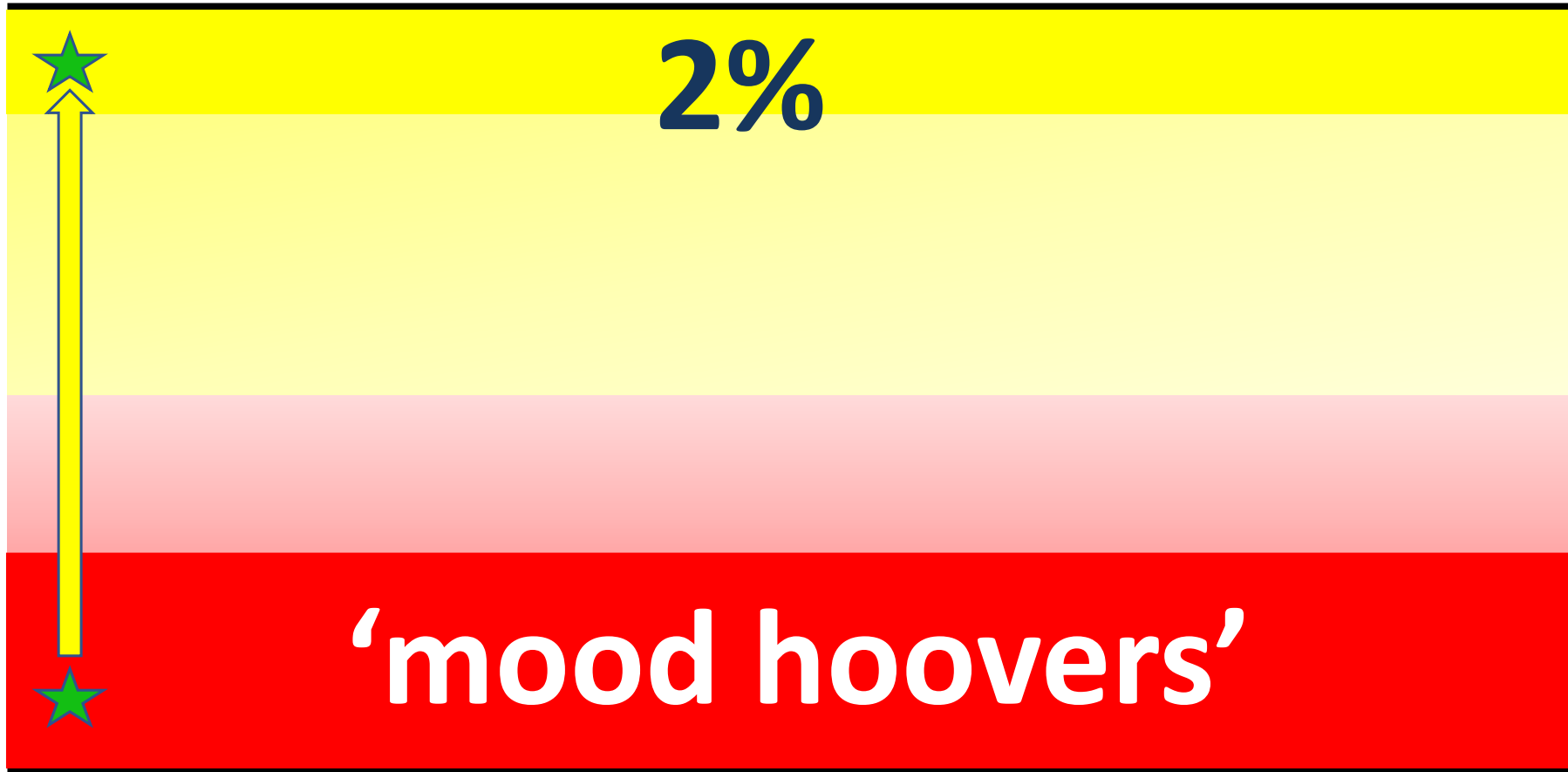


**WHO'S AWESOME?**  
**You're Awesome!**

# Positive Psychology

- The science of happiness and well-being
- You can learn to live in the upper reaches of your range of emotions
- The more you practice the easier it becomes!

**upper level (positive)**



**2%**

**'mood hoovers'**

**lower level (negative)**

Choose to be  
**POSITIVE**



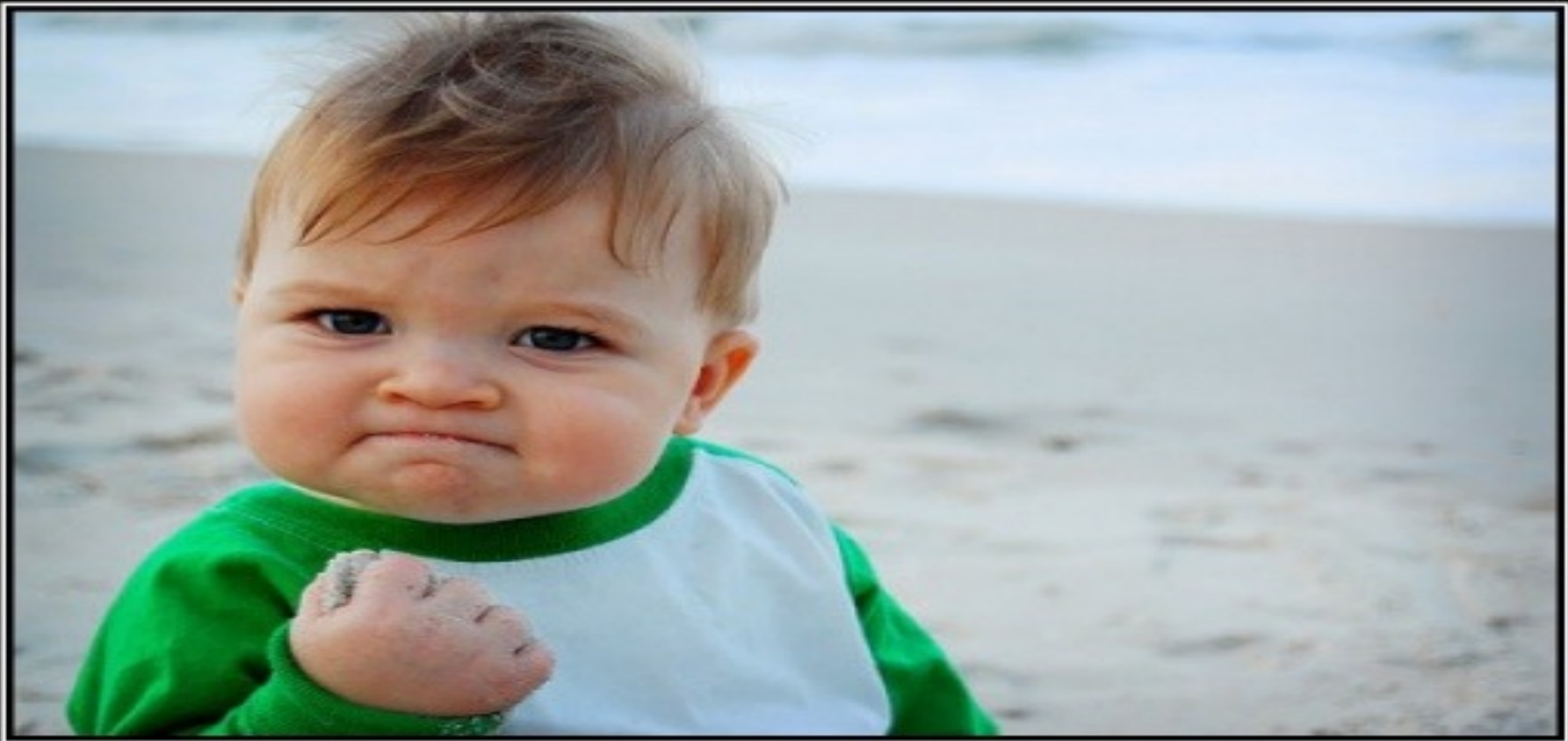
1. When you're being a **2%er**, what do you:

**Look like?**

**Sound like?**

**Feel like?**





# S U C C E S S

Because you too can own this face of pure accomplishment



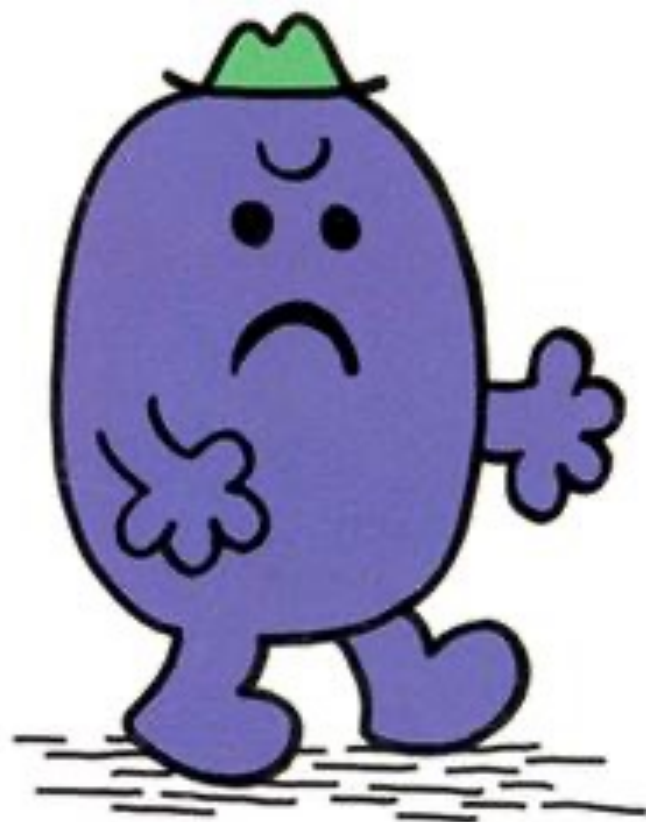
# MR. WORRY

*By Roger Hargreaves*



# MR. GRUMBLE

*by Roger Hargreaves*



# MR. BUSY

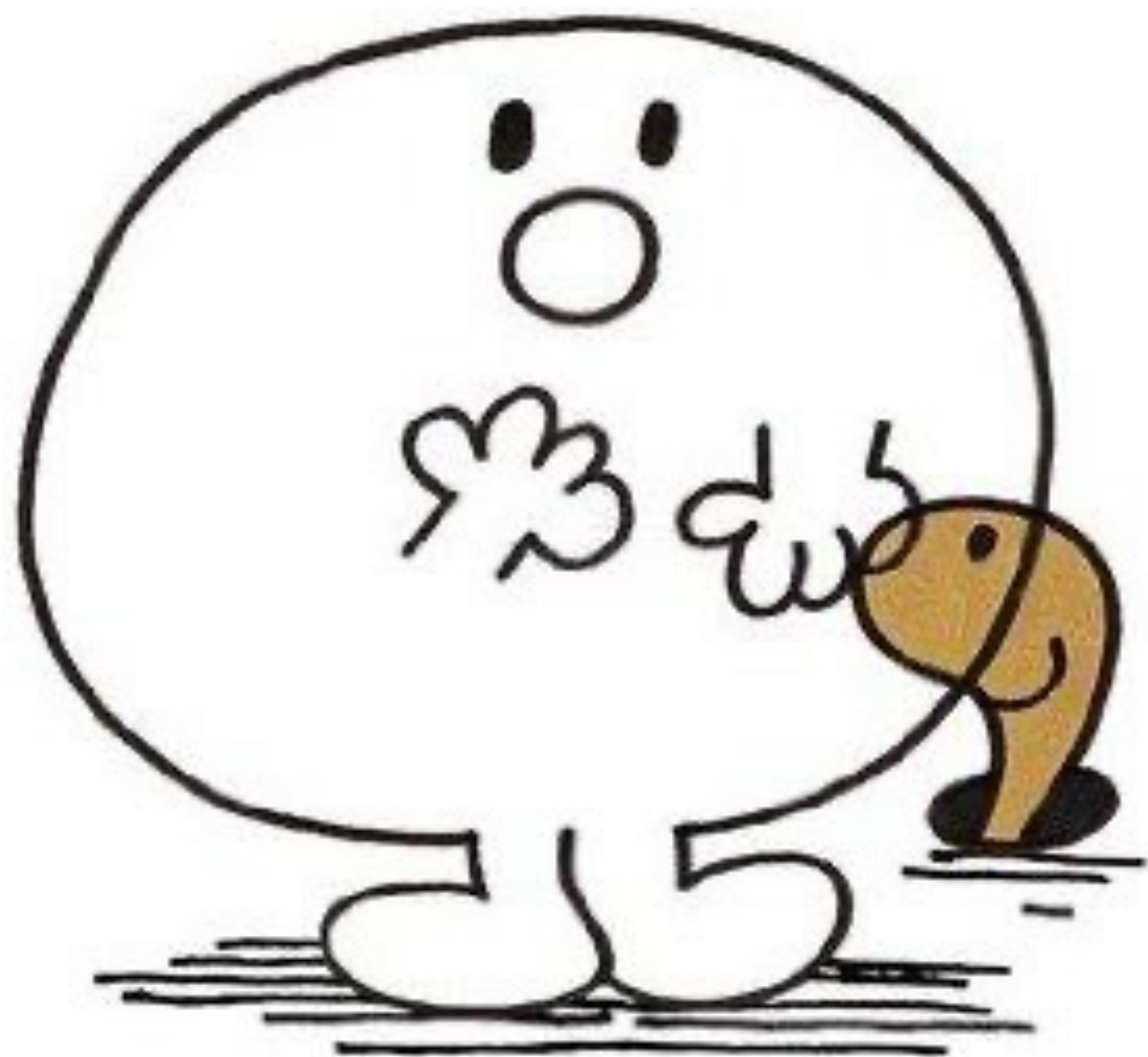
*by Roger Hargreaves*



**MR. CAN'T BE  
ARSED**

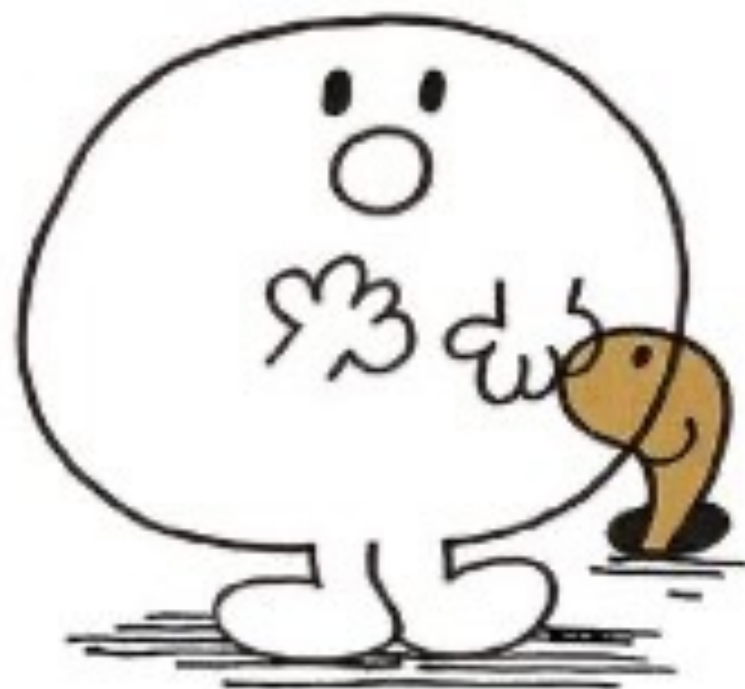






# MR. NOBODY

by Roger Hargreaves



The best way to turn  
a 'nobody' into a  
*'somebody'*?

**“Someone at work  
seems to care about  
me as a person.”**

The BEST mindset in the world!!!

# The 2% MINDSET

2% of the population:



Going for your dreams

Embracing the unknown

EXPLORING NEW THINGS



Excitement

liking change

Living without Limits

ABUNDANCE

ACT in spite of fear

Getting the MOST out of Life

Choosing happiness

Confidence

Fulfillment



# Promises to myself

What do you need to.....

**STOP** doing?

**START** doing?

**KEEP** doing?

# The ripple effect...

16%

10%

6%



# Overcome the 3:1

**Gratitude**

**Your Best Self**

**3 Good Things**

**You get what you focus on**



Join the  
2%ers Club at

[www.artofbrilliance.co.uk](http://www.artofbrilliance.co.uk)



**NEVER GIVE UP**





# The Art of Being Brilliant

Darrell Woodman  
@darrellwoodman



**Thank You!**

