Flip Your Focus  
How to Build Mindsets that Support Accelerated Growth

Speaker: Patty Jackson, Director Clear Inner Focus

Brief Overview:

There are only four things you can control. Your focus is one of them.

High achievers understand the power of being focused, but often find themselves focused on problems longer than they wish. This produces undue stress, frustration and anxiety, relationship conflicts and/or latency in reaching your goals. In this one-hour interactive presentation, Patty Jackson will introduce and teach a seven-step tool that has helped countless people build mindsets that support their ability to focus on solutions and confidently create positive change.

Every human will find times when things do not change as quickly as you’d like. You can’t get motivated and you don’t know what to do…no matter how hard you try. You might be struggling with a goal, relationship or task. We all experience it.

Learn how to stop struggling and build a mindset that will drive new behavior, results and experiences. You will learn how to flip your focus and change

“When the going gets tough, the tough get going.” to
“When the going gets tough, the wise stop and create a solution-based mindset.”

We will cover:

1. Mindsets that slow progress
2. Mindsets that build solutions and motivation
3. The Four Things You Can Control™
4. Seven Step tool to build a mindset that supports accelerated growth.
Key Takeaways:
- Thought patterns or habits of thought drive our behavior (and we are often unaware of our habits)
- Conflicted thoughts make it hard to take productive actions
- Heavy emotions indicate a conflicted thought pattern
- Thoughts that are aligned with your heart and soul’s desires or innovative solutions produce the motivation, passion and clear actions you need to reach your goals
- In seven steps, you can use The Four Things You Can Control™ to build a clear thought pattern, or mindset, that will drive your motivation, passion and certain steps forward

Biography:

Patty Jackson is the director of Clear Inner Focus Education & Coaching. She is an author, spiritual counselor, master life coach, instructor, and stress management specialist. She has a unique ability to help people home in on what is truly going on behind their challenges and support them in powerfully creating change.

Patty has trained hundreds of life coaches and is the author of Energy Bubbles and Flip Your Focus published by HenschelHAUS Books. She and her team of coaches work with small businesses, corporations, non-profits, churches and individuals.

She has been featured as a human empowerment expert on tv, in professional publications, podcasts and on FM radio.

Patty and her husband have raised four children and live in Wisconsin.
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