

## About Becoming Achievers Seminars

Becoming Achievers Seminars is a Training and Development company with the mission to help organizations and individuals achieve their goals by giving them the knowledge and skills to achieve attitude and behavioral change.

We operate out of the premise that knowledge and skills are catalysts for insights, which in turn, have to be integrated into the behavior and culture of individuals and organizations if they are to become achievers.

We collaborate with our clients as partners to determine their needs and find the solutions which work for them. Our workshops and seminars are interactive experiences which encourage participants to use their individual and collective experiences as sources of wisdom, insight and action.

## Seminars and Workshops

- Becoming Leaders
- Effective Presentation Skills
- Managing Conflict
- Managing Change and Transition
- Leading Change
- Mastering Breath Awareness

For more information please visit our website at [www.becomingachievers.com](http://www.becomingachievers.com)

## Ordering Information

To order the Becoming Achievers with Character program or to enquire about Keynotes, Seminars or Workshops please call (905) 432-8134 or e-mail [info@becomingachievers.com](mailto:info@becomingachievers.com)



**Larry Johanson, M.A.**



**WORKBOOK  
ONE**

**Defining Achievers  
with Character**

**WORKBOOK  
TWO**

**The Importance of Self  
Confidence and Self Esteem**

**WORKBOOK  
THREE**

**Developing a Personal  
Mission Statement**

**WORKBOOK  
FOUR**

**Managing Time**

**WORKBOOK  
FIVE**

**Managing Stress**

**WORKBOOK  
SIX**

**Developing Effective  
Interpersonal  
Communication Skills**

Becoming Achievers with Character is a six module program created by Larry Johanson to give young people a core set of self-management tools and life skills which will set them on a path of personal growth and achievement.

The program is based on Larry's work and life experience as a corporate trainer and parent interested in helping young people negotiate the confusing and difficult passage from youth to young adulthood. His aim is to influence them to commit themselves to achieving personal excellence while becoming compassionate, caring citizens.

The program consists of six Workbooks, each of which explores a fundamental step on the path of achievement. The six Workbooks are:

**Workbook 1**-- Defining Achievers with Character

**Workbook 2** -- The Importance of Self Confidence and Self Esteem

**Workbook 3** -- Developing A Personal Mission Statement

**Workbook 4** -- Managing Time

**Workbook 5** -- Managing Stress

**Workbook 6** -- Developing Effective Interpersonal Communication Skills

Readers are led to their own insights and conclusions using probing questions, exercises and activities. They are encouraged to use their life experiences and observations as reference material. In the end, each Workbook becomes a manual of self-knowledge created by the reader with the support of the author as a collaborator and facilitator.

## Benefits of Becoming Achievers with Character

### *Readers will learn:*

- The importance of character in becoming achievers.
- The traits that make one a person of character.
- How to build character.
- How to build positive self-confidence and self-esteem for achievement.
- The importance of writing a personal mission statement.
- How to identify their deeply held values and beliefs and use them as guides in defining their mission in life.
- How to manage time effectively.
- How to prioritize and set goals that will help them achieve their dreams.
- How to set SMART goals.
- How to manage stress effectively.
- How to trigger the Relaxation Response.
- How to communicate and interact positively and effectively with others.

## About Larry Johanson



Larry Johanson is a principal of Becoming Achievers Seminars and a speaker and trainer on Communications, Personal Development, Leadership, Change Management and Diversity issues.

His mission is to help individuals and organizations create positive change for themselves by giving them the information and tools to change their knowledge, attitudes and behaviors. His focus is to help young people acquire the skills they need to become healthy, fulfilled, productive members of society.

Larry has a Masters degree in Communication Studies from Windsor University, Ontario. He worked in the public and private sectors as a corporate trainer, public relations and advertising executive and social marketer.

His seminars are a synthesis of his broad academic, work and life experiences. He has successfully conducted seminars in Australia, Britain, Canada and the United States.

Audiences describe him as knowledgeable, inspiring, enjoyable and humorous.