

# **FAST FORWARD**



**Choose a New Story**

# Choose a New Story

## Choose a New Story Model



What's your negative story?



What is the cost of believing that story?



What's another story you can choose?

1

What is your negative story?

2

What is the cost of believing this story?

3

What's another story you can choose?

# Examples

OLD STORY	NEW STORY
I should be further along in my career.	I'm growing and proud of what I have accomplished.
My manager doesn't appreciate me	I am a valuable player on this team.
I have to be involved/can't depend on other people.	My people are smart and capable — they can do this without me.
It's hard to be successful at work and at home/moving up requires sacrifice.	I can work and live on my terms/ moving up is important to my fulfillment.
I don't have time for friends.	Friendships are a priority for me.
I am really busy.	I am in demand.
I am so overwhelmed and not doing anything well.	I have enough time to do what is important to me.
I can't do this — I'm going to fail.	I can do this. I will figure it out.
I'm not a good parent.	My kids have hit the jackpot. They are loved.
I hate the way I look.	I have a strong and capable body.



*You can choose to be right or choose to be happy.*



## When people are living their best lives, they do their best work.

### Fast Forward training and coaching gives people a proven approach to think big, manage stress, and achieve success and fulfillment in their whole lives.

Co-founders, Lisa McCarthy and Wendy Leshgold, spent decades experiencing the pace, pressure, uncertainty and rapid change in the corporate world. They experienced firsthand the toll this takes: focusing on what's urgent, avoiding risk, and feeling that professional success requires personal sacrifice.

They believed it didn't have to be this way — that it is possible to be successful both personally and professionally. They developed a simple, practical program that takes a unique whole life approach to help people think big, manage stress, and achieve success and fulfillment in their whole lives.

Fast Forward goes beyond skill-building and fundamentally changes how people see the future and what is possible for their business, career and life. Participants experience a profound and lasting impact on wellbeing, confidence, motivation and focus — inspired to go after their ambitions with intention and discipline.

Innovative companies of all sizes, including Amazon, Facebook, Google and JPMorgan Chase, use Fast Forward to transform culture, uplevel talent, and accelerate business growth.

Learn more at [www.fastforwardgroup.net](http://www.fastforwardgroup.net).

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