

A workshop to support Students & Grads to better understand themselves and to **define their vision of success**

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ABOUT THE STOW WORKSHOP

STOW was launched in October 2015. Ten graduates, from UCD, DCU, Smurfit Business School, IADT and Trinity College Dublin, attended the workshop which was held in BOI Workbench. The workshop provides a framework within which students & grads can better understand themselves and to **define their own vision of success**. Specifically that involves the following:

Exploring Creativity & the Innovative Economy: In this interactive workshop, we'll look at what creativity is, why it is as much a core skill today as mathematics & English and how to leverage your own creativity.

Emotional Intelligence (EI): High EI leads to the 'right kind of success': The kind that makes you happy and allows you to be authentic and persistent in all your endeavors.

A Framework for Achieving Goals: You will learn how to create a robust framework which will help you turn an idea into a tangible goal that is achievable.





Janice Valentine with the first group of STOW participants: **BOI Workbench**, October 2015.

Here's what the participants of October's workshop said about STOW:

"Thought provoking and eye opening. Content was super interesting. Most important part for me was the thought process that is provoked"

Eoghan Martin, Final Year Student, Trinity College Dublin

"It was great and full of self-discovery. I'd really recommend it to people who want to learn more about themselves"

Liana Tomescu, Final Year Student, Trinity College Dublin

"Loved it. It's something I think everyone should be given the chance to explore"

Conor Nolan, Psychology Student at IDAT

"People need more workshops like this. The content and self-reflection is valuable; great for all stages of life"

Brittany Wood, Graduate of Smurfit Business School



Startup founders with Janice Valentine at **Startup Salon**, 4 Dame Lane, June 2015

Janice Valentine is a performance & life coach, an intrapreneur and a champion of startups.

She believes that a startup attitude embodies all the things essential to living a great life; creativity & vision, purpose, perseverance and optimism.

The work Janice has done with startups for Great Life Distillery's Startup Salon event series and the interviews with startup founders which have been featured on the Shot of Inspiration blog, has given her a deep understanding of this attitude. It is at the core of the performance coaching and intrapreneurship initiatives she runs, and it is at the core of the STOW workshop.

To achieve great things in life graduates need more than internships, impressive academic results and prestigious third level institutions. They need emotional intelligence, appreciation of their own creativity, clarity around the goals they want to achieve and how their goals are aligned to what they want out of life.

All of this creates the foundations upon which big dreams are built: Vision. Purpose. Perseverance and Optimism.

Great Life Distillery's STOW program is seeking to give students and grads the opportunity to properly define their goals in order to create the right foundations to achieve their dreams.