

BECOMING THE BEST YOU!

The Ultimate Personal Development and Personal Effectiveness System

Do You Want More Than ‘Good Enough’?

Many people simply bumble through life, taking each day as it comes. But you’re different. You want to learn, grow, develop and flourish. You want to achieve the best possible results, not just settle for adequate.

Becoming the Best You! is your pathway to excellence.

What Is It?

A comprehensive 50-step learning system designed to maximise your personal effectiveness and accelerate your development. This isn’t just another online course – it’s a complete, structured programme with:

- ✓ Almost 6 hours of expert video content
- ✓ Proven frameworks and practical tools
- ✓ Interactive exercises and action planning
- ✓ Progress tracking and 3-month review
- ✓ Flexible, self-paced learning

Who Is It For?

Social Care Professionals

Build resilience, prevent burnout and maintain optimal effectiveness in emotionally demanding roles. Whether you’re just starting out or approaching retirement, develop sustainable practices that allow you to keep making a positive difference.

Managers, Leaders & HR Professionals

Maximise your productivity, strengthen your influence and model excellence for your team. Develop the personal effectiveness that drives organisational results.

Available for Individual Purchase or Organisational Licensing

Why Trust This Programme?

45+

Years’ Professional Experience

50+

Books Published by Dr Neil Thompson

1000s

of People Helped to Achieve Excellence

Turn Over for the Full Programme Breakdown →

What Makes It Different?

The SPACE Framework

Five essential dimensions of personal effectiveness:



The 12 Steps to a Better You

Over 200 practical strategies across 12 critical effectiveness areas:

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| 01 Goal Setting | 07 Implementation & Action |
| 02 Productivity | 08 Networking & Partnering |
| 03 Time Management | 09 Learning |
| 04 Motivation & Mindset | 10 Discipline |
| 05 Focus | 11 Habits |
| 06 Planning | 12 Turning Failure into Success |

Grounded in Proven Philosophy — Unlike superficial ‘quick fix’ approaches, this programme is based on existentialist philosophy emphasizing choice and agency, over 45 years of professional expertise, proven frameworks from academic research, and real-world experience helping thousands achieve excellence.

The Programme Includes

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| ✓ 50 structured steps preventing overwhelm | ✓ Action planning frameworks |
| ✓ Video lessons by award-winning educator Dr Neil Thompson | ✓ Guide to further learning |
| ✓ Comprehensive companion workbook with exercises | ✓ 3-month post-completion review |
| ✓ Progress questionnaires at beginning, midpoint and completion | |

‘Where there are people, there will be problems, but there will also be potential. Value the people, address the problems and realise the potential.’

What You’ll Achieve

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| ✓ Greater confidence handling challenging situations | ✓ Clearer thinking and decision-making |
| ✓ Improved stress management and resilience | ✓ Sustained motivation and momentum |
| ✓ Enhanced productivity and time management | ✓ Genuine professional growth |
| ✓ Stronger relationships and influence | |

About the Developer

Dr Neil Thompson is an independent writer, educator and adviser with over 45 years’ experience. A visiting professor at the Open University and Fellow of the Chartered Management Institute, Neil has 50+ books to his name, including bestsellers like *People Skills*.

Ready to Begin?

Don’t settle for ‘good enough’ when you can achieve excellence.

For more information or to enrol visit – www.NeilThompson.info/becoming-the-best-you

BECOMING THE BEST YOU!

Because you deserve to thrive, not just survive