

STEPS®

THE GUIDE TO SELF-SUFFICIENCY



WHY STEPS?

The term “Hard Skills” has typically been used to identify concrete material or technical types of training, yet *STEPS* success can be credited in the development of the “Difficult Skills.” These “difficult” skills are the skills employers demand: great attitude, timeliness, dependability, honesty, willingness and cooperation.

First developed in 1985, *STEPS* has assisted job-training professionals to move hundreds of thousands of unemployed individuals to meaningful work.

This latest, revised edition builds on the previous successes of earlier *STEPS* programs emphasizing the foundational principles and concepts of The Pacific Institute’s scientifically-based, tested and proven cognitive education.

STEPS produces results! Lou Tice and The Pacific Institute have been able to put 40 years of experience into this package. Its engaging scientific methodology causes participants to examine their behaviors with specific emphasis on career and employment goals.

Then, they learn a structured process to choose and change behaviors. The results are powerful internal motivation, perseverance in the face of obstacles, inoculation against negative stress and depression, and a tenacious desire to succeed.

TECHNICAL COMPONENTS

STEPS to Economic & Personal Success (STEPS) is a multi-media educational platform which features Lou Tice, internationally renowned author, educator and Chairman of The Pacific Institute.

The core of the *STEPS* education is contained in 15 video units, complemented by participant manuals and an extensive, independent-study audio follow-through program — a complete guide to self-sufficiency.

The Pacific Institute’s world-renown facilitator education will allow your staff to train your participants with ease and consistency, within a 16-hour period of time, which allows your delivery system to be self-sufficient.

Because your participant’s success is your reputation and performance...

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LEARNING UNITS

Unit 1 Hidden in Plain Sight!

Understanding my blind spots and how they can limit my perception of my future.

Unit 2 Expand the Mind to Create the Future

By setting out what is of value to me, I can expand my awareness of the resources available and learn that I am in control of my future.

Unit 3 How the Mind Works

By understanding how my mind works, I can refine my decision-making process to create the life and future I want.

Unit 4 Beliefs Regulate Performance

I regulate my behavior at my belief level and must change the picture of what is good enough for me, in order to live and perform to my potential.

Unit 5 The Internal Conversation

My beliefs are formed by the way I talk to myself. What others tell me won't become a part of me, unless I give sanction, or agree, with it.

Unit 6 Comfort Zones

I have created my current comfort zones, most likely by neglect. Some of my current comfort zones are holding me back from expanding my life, work and possibilities for my future.

Unit 7 The Next Time

Learning why I need to give myself replacement pictures helps me determine my future. If I change what I think about, I can largely determine what happens to me.

Unit 8 Out of Order – Into Order

Change offers me the opportunity to grow, but I must learn how to make my own opportunities. If I throw my system out of order, I can move to the new picture I have of my future.

Unit 9 Seeing Myself Into the Future

The power of my imagination and my ability to use forethought allows me to project myself into a new future – the future I want.

Unit 10 Living in Today, Planning for Tomorrow

Learn the discipline of seeing reality, and yet holding the vision of what I want. All meaningful and lasting change begins on the inside.

Unit 11 The Tools for Change

Learn the tools and processes that lead to sustainable growth and change in every aspect of life.

Unit 12 It's My Choice

Motivation can be negative and restrictive, which causes me to push back, or constructive. Putting my life on a "want-to" basis moves me forward, beyond my present limitations.

Unit 13 Yes, I Am Good!

It is time for me to take charge of my estimation of my worth, and stop relying on the opinion of others.

Unit 14 Goal-Setting Through

In order to keep from flattening out, I need to reset my goals as I approach their accomplishment, which keeps me constantly moving forward.

Unit 15 Successful and Significant

Yesterday's dreams are today's necessities. Today's dreams are tomorrow's opportunities!

**IF YOU ARE NOT COMPLETELY SATISFIED
WITH YOUR PERFORMANCE OR REPUTATION
CONTACT THE PACIFIC INSTITUTE...**

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