

WELCOME TO AINA.

We're Carmen and Lacey, a few of the members of the Aina Tribe. We are so happy to welcome you to the team - here are the first steps to getting acclimated.

We created an onboarding programme to help you know our products and what we do better - and to also position you to be the biggest success in Aina that you can be.

Here's how to make the most of this series.

- ★ First - Fill out the associated questionnaire. This has been designed to make you think so our advice is to give it the time, energy and attention it deserves. This alone can (and has) been a powerful tool that has provided insight for both ourselves and our clients previously. Here you can start to set your intentions for the programme, highlight the things that really drive you, see some of your strengths, recognise how resilient you are and get a sense of where your mindset is currently.
- ★ Second - Within the next 48 hours start going through Module 1 - do NOT rush through the questionnaire, really give yourself time to answer that! Then start going through each Module at your own pace - we recommend one module every 2 weeks, and it's completely up to you. You will have access to this throughout your time in Aina, so you can come back when and if you want. We just ask that you finish all Modules by the end of your 3rd month, so plan your time accordingly.
- ★ Third - SEND US ANY QUESTIONS!! Are you stuck on something?? Don't understand? One of the very first lessons of leadership is to ask for help! If you don't understand, or you have a comment, shoot us an email. It is our job to answer them and help you through this process.
- ★ Finally - Take your time and enjoy! You don't need to get this all done in one day. Or in the next hour. Remember, eating an elephant only works one bite at a time. Dedicate 15 minutes every day and you will be dreaming great dreams and accomplishing amazing things - we know, we've seen it in action.

That's it! Let's Get Started.

Be the kind of woman that, when your feet hit the floor each morning, the devil says "Oh crap, she's up!"

Please think about each of the following questions carefully. Answer them as honestly as you can - they will help you in focusing your efforts throughout this programme. These give a great deal of insight into how you view yourself and what's truly important to you, where your strengths lie, and what you'd like to see from yourself at the end of this programme.

1. What brings you to Aina?

2. What do you expect from your time in Aina, and from going through this leadership development programme?

3. How will you measure your success throughout your time in Aina and throughout the programme?

4. How committed are you to making the necessary changes in your life to achieve your goal(s)?

5. What have been the three most fulfilling accomplishments in your life so far?

6. What has made you achieve the most success or given you most power?
7. What has been the biggest obstacle you have had to overcome?
8. What have you tried that has not been successful, and what have you learned from this?
9. How have your attitudes to people changed over the past ten years? Are you generally past, present, or future-oriented?
10. What do you want to highlight to yourself about your professional background?
11. What do you want to highlight to yourself about your personal life?

12. What are your top three personal values? (for example: love, integrity, health etc.)

13. What is the most important thing in your life right now?

14. If there is any other information you wish to highlight - or has come up for you throughout this questionnaire, please write it below: