



Personal and Professional Development

“People who feel good about themselves produce better results.” (*The One Minute Manager: Blanchard and Johnston*)

Aims

This 2-day course is specifically designed for individuals who want an understanding of how they can direct and attract a positive life and develop self control.

Objectives

By the end of this course you will be able to

- Understand your creative subconscious
- Understand your 'other dimension' and build on your strengths, abilities and talents
- Know what you really want in life and how to achieve it
- Change unwanted patterns of behaviour
- Use visualisation as a powerful self-change tool

Who Should Attend

This course would benefit anyone who would like to make changes in their life either on a professional or personal level.

Course Content

- Testing performance - fun activities to self discovery
- Discover the things that you perceive to hold you back in life
- Differences between the sexes; male and female thinking explored
- Secrets about your abilities that will astound you
- Construct personal goals with techniques that really work!
- Overcome fears and develop self-belief and a positive mind set
- Learn the practical tools and strategies to develop you as a person on all levels
- How to attract more financial security
- Clarify and build on your strengths abilities and talents
- Our belief system - how it shapes our lives
- How to tap into our subconscious - the powerhouse of our potential
- How to move away from perceived limiting comfort zones
- How our 'self-talk' influences our experience and how to turn it around
- Practical sessions on relaxation techniques
- How to create the life we want through focus and visualisation

Duration

2 Days