

Discover Your Possibilities

Introduction

- * Are you living a life of Abundance ?
- * Are you fulfilling your full potential ?
- * Are you having fun, all the time, every day ?
- * Are you growing and learning all the time ?

If the answer to any of the above questions is "No", then please read on. You must have heard that we only use 10% of our brain potential. Some scientists state that some of us might get upto using 15% of our mental potential. What does this really mean ? It means that we have almost 85 to 90% of untapped potential that we have either not discovered or if we have then we are not able to use it for some reason. What is holding us back from using our full mental potential. Also think about the fantastic possibilities of using even 50% of your mental potential. What would that mean in terms of your quality of life, your quality of relationships, your quality of skills and your sense of power and possibilities. It is mind boggling just to think of the leap that you would take in the quality of your life.

What is the workshop about ?

The "Discover Your Possibilities" workshop is a full one day workshop that will help you understand your hidden potential and will help you to tap this hidden potential that lies deep within you. You will be able to access all the resources that you need to travel through the journey of life. We will provide you with the necessary tools that you can use on a regular basis to consistently be able to find the power within and access all the tools required within yourself.

What will you learn at the workshop

- * Be able to access your full potential
- * Identify your hidden talents and abilities
- * Become a true leader
- * Find the inner strength within you
- * Be the best that you can in any situation
- * Inspire and motivate people around you
- * Get the opportunity to do Self Introspection and the tools to be able to do this on a regular basis.
- * Be authentic in all areas of your life
- * Be able to live life in a balanced manner.

Content

- * Journey of Life - The big picture
- * Living by your values
- * What is Leadership
- * Human Needs - Maslow / 6 Core Needs
- * Balance in Life
- * Looking Good / Authenticity
- * Fear
- * Language / Communication
- * Team Work
- * Love
- * Inner Peace / Spirituality
- * Recipe for success

Outcomes

- * Be able to overcome fear.
- * Discover lasting inner peace and contentment no matter what the outer circumstances.
- * Identify your core values and live life congruent to your values
- * Become a leader and help other people become leaders
- * Learn to empathise with people and see the world from their point of view
- * Lead a balanced life
- * Become a better communicator
- * Find inner peace and lasting happiness

Who should attend this workshop ?

- * Anyone wanting to grow and become successful
- * Anyone wanting to become an inspirational leader
- * Anyone wanting to leave a legacy
- * Anyone wanting to create something of meaning out of their life
- * Anyone wanting to know how to overcome challenges and adversity
- * Anyone seeking to overcome stress, fear or anxiety
- * Anyone wanting to dissolve rage, anger and resentment