

Realise Your Potential

Who is it For?

For all those who feel they have more to give and have aspirations that they want to achieve.

What is it about?

This course promotes the idea of us all taking active responsibility for our own growth and development. It will teach you how to take control of your own life, achieve your goals and aspirations, strive for new challenges and reach for the stars.

What will I get out of it?

- ▶ Recognise where you are holding yourself back and unleash your full potential.
- ▶ Learn ways to break through the self-imposed barriers that limit your happiness.
- ▶ Skills to overcome barriers to positive thought.
- ▶ Personal purpose and vision to transform yourself for the better.
- ▶ Simple yet effective techniques to banish past fears to make the most of future opportunities.
- ▶ A greater knowledge of self – acknowledging what you want and how to go about achieving it.
- ▶ Goal setting techniques – work and personal life.
- ▶ Visualisation techniques.

Would you like to attend this program?

- ▶ For maximum effectiveness, this program is best conducted as an in-house program.
- ▶ **Ideal group size:** 4 - 12 participants.
- ▶ **Venue:** For your convenience, you can choose to conduct this program at your business premises. Alternatively, we can provide a training venue at a small additional cost.
- ▶ **Duration:** This program can be conducted as a half or one day.
- ▶ **Cost:** Price on request.