



# WAKENING

— PERSONAL DEVELOPMENT & LEADERSHIP COACHING —

## Specialised Topic – Take a Look at Yourself

Duration: 1 ½ Hours

*This seminar unveils deeper life secrets which are presented in a light hearted and fun-filled manner. You will start to realise your silliness of taking life so seriously. You will feel inspired and leave with a sense of determination to change your life, and advance confidently towards the goals you desire.*

### **You can look forward to the following powerful discussion points in this seminar:**

#### Rising above stress

You will realise how challenges can make you a better person, and begin to see the opportunity in every experience – Life becomes your playground.

#### Life is a Game, Play It!

Learn to love every minute of your life, and bring happiness to every situation. Do small things in a great way, rather than plan for greatness.

#### Change My Lens

Change the way you see the world, and begin to choose the thoughts and experiences that take you in.

#### Prioritise My Life

We spend most of our lives majoring in minor things and then wonder why our dreams have not been realised. In this segment of the seminar we will aid you in putting first things first.