



# Education For Living

PERSONAL & PROFESSIONAL DEVELOPMENT • TRANSFORMATIONAL LEARNING

## Stage I Workshop

We face uncertainty and new challenges in the world today. Are you satisfied with just handling what life throws your way? You can learn to equip yourself with the necessary life skills to design your future and get the results that matter to you despite the obstacles.

The purpose of the Stage I training is to transform people's experience of themselves in such a way that they have more vitality, ambition, peace, greater ability to create and achieve bigger goals and have more proficiency in dealing with adversity, breakdowns and rejection. Participants will be able to listen better, be more sensitive to the concerns of other people, be more genuine, authentic, more liberated and carefree, childlike, joyful and less moody.

In this course you will learn:

- To become a different observer of yourself, of others and of your current life situation so that you can see possibilities that are currently unavailable to you and produce the results you want in life.
- How to create the closeness and self-confidence that you want in relationships and see how the relationship that you have with yourself influences the quality of all of your relationships
- Mood management—how to identify your mood and the mood of others, what the basic moods of life are and how each mood opens and closes certain possibilities.
- The power of language—that the way we describe ourselves, the world around us, and others in it, literally colors the way we "see" things.
- An ability to develop trust—with others and yourself—a necessary skill in building loving and peaceful relationships.

As a rule, graduates are more youthful in expression and feel and seem younger. They are more committed to what they're doing and are more able to predict future outcomes and take effective steps before emergencies arise. You will leave the workshop empowered with the tools, skills and experiences to go out and begin to redesign your life and achieve the results that you most desire.

**For more information or to register for an upcoming workshop, please call the office at 337.477.6223 or 888.335.7952.**

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