

Thriving in the Challenge of Change

Have you ever wondered why some people seem to sail through life's challenges whilst others encounter a bumpy ride? The key lies in our ability to tackle life's challenges head on and bounce back. Happily, this skill can be learned through simple yet powerful techniques that help change our thinking, our responses and our attitude to change.



Change can be hard. Whether in business or life, dealing with continually shifting goals and uncertainty can be unsettling, challenging and even scary.

Join Clare Edwards from Changeworks and through this one day intensive, interactive and inspiring workshop you will understand:

- The characteristics of resilient people and how to develop them in yourself
- How to deal with negative or disruptive self-talk and change it for the better
- What your language patterns reveal about your beliefs and how to change them to serve you
- How to put a different frame around 'negative' experiences and find the gift in the challenge
- How to develop your levels of optimism and motivate yourself towards what you want

"Thank you for a day filled with thought provoking topics and techniques that will undoubtedly change my life. Your positive teachings and outlook are inspiring and classes should be compulsory" LC

Date :: Thursday 5th August 2010 9am - 4.30pm (Registration from 8.45am)

Venue :: Glenview Gardens Function Centre, GLENVIEW, SUNSHINE COAST

To reserve your place now go to <http://thrivinginchange1.eventbrite.com> Earlybird special price of \$167 inc. GST until 16th July 2010. Multi registration (minimum of 3 tickets per booking) of just \$147pp. Includes comprehensive workbook and reference manual, morning and afternoon tea.



Clare will share with you her own journey of challenge and how she uses the techniques she teaches to bounce back time and again. Clare has been facilitating programs for businesses on the Sunshine Coast and Interstate since 2005. Prior to that she facilitated change and development programs in the UK, Europe and USA.

changeworks
inspiring potential

If you cancel more than a week before the workshop you can receive a full refund minus a \$50 administration fee.
If you cancel less than one week before the workshop you can transfer the full value to a future event with us.