

* motivation, inspiration, anything is possible



MindVision^{UK}

www.mindvisionuk.com

The Ultimate Personal Development Course

Empower yourself.
Live the life you want.
Work more effectively.
Be a happy, motivated,
fulfilled individual.

Empower yourself and your staff with: The Ultimate Personal Development Course

Make a commitment to yourself and/or your staff to be more motivated, fulfilled and effective both at work and at home. The Ultimate Personal Development Course creates dramatic changes in people's lives by providing the practical tools to make positive changes.

Through workshop sessions, discussion and demonstration, The Ultimate Personal Development Course attendees quickly learn basic and advanced life skills. For example, what is our response to various challenges in our lives? What unconscious drives hold us back from success in our professional or personal lives?

From such questions insights are gained that allow us to be released from self-limiting beliefs. As a result we feel an increase in self-esteem that motivates us to move forward positively and effectively in life.

The Ultimate Personal Development Course enables you to:

- explore your unconscious drives and their effects on your day-to-day life
- identify your motivations in life and work
- discover what success means to you
- identify what you want to change in your life
- consider your early years conditioning, what's driving you and overcome perceived obstacles
- identify self-defeating beliefs and separate them from what you do and how you behave
- explore the power of your inner critic and change negative self-talk into positive
- take key steps to change identifying values, set and achieve goals
- learn to think differently; to become more resourceful and capable
- decide an action plan that will help you continue in your development
- employ top tips on being effective in the workplace

By the end of The Ultimate Personal Development Course you'll:

- have learned more about yourself than you ever imagined
- have a better understanding of yourself
- be more empowered and in control of emotions
- have knowledge of how – and why - you unconsciously react to situations
- be able to turn your negative critic into a positive one
- understand how you can be a happier, more fulfilled individual
- leverage the power of perspective to build positively on past 'negative' experiences
- be able to identify what you want to achieve in life - and how you're going to get it

Leading the way

Your Ultimate Personal Development Course leader, Gerry Stewart, has facilitated positive change and goal achievement for many individuals and organisations in the United Kingdom and overseas. She is also a popular motivational speaker at public, business and educational events. Gerry brings a straightforward, pragmatic attitude to the exploration of Self, providing invaluable, individual-orientated results.

Book now

The Ultimate Personal Development Course delegate rate is £125 plus VAT per day.

Bite size and two day courses are also available. Numbers of attendees are limited to 12 individuals.

Like all our sessions, pricing assumes you will provide the facilities but courses can be arranged out of house.

About us

At MindVision UK we believe everyone has the potential to go as far as they want in life. Within each of us is a hidden reserve of aptitudes and abilities waiting to be unlocked. MindVision UK works with individuals to discover and explore your limitless, untapped potential. Quite simply, we teach the techniques required to live a happy and fulfilling life, both professionally and personally.

"Thoroughly enjoyed the course. Covered all the issues I wanted and more. Excellent trainer and course content. Thank you."

Sarah Smithers, The Edrington Group

"Very helpful course - especially as Gerry examined and provided us with practical solutions in relation to our needs."

Denise Keenan, Philips Lighting UK

"I thought this course was excellent very motivating. Highly recommended."

Pamela Ferrie, North Lanarkshire Council

"One of the best courses I have ever attended. Gerry helps you to identify your blockages in life and how to overcome them."

Staff member, NHS Edinburgh

Other MindVision courses:

- Developing Emotional Intelligence
- Interpersonal skills
- How to be an Excellent Presenter
- Confidence and Self Esteem Building
- Communication and Assertiveness Skills

The next step

Take action to empower yourself and/or your staff now. Call us now for more information on 01324 720520 or email info@mindvisionuk.com