

DALY DYNAMICS:

(PROVIDING LIFE COACHING INTERVENTIONS)



UNLOCK
YOUR
INNER
POWER.

PRODUCT: OPERATION SELF TRANSFORMATION. A SELF-COACHING WORKSHOP.

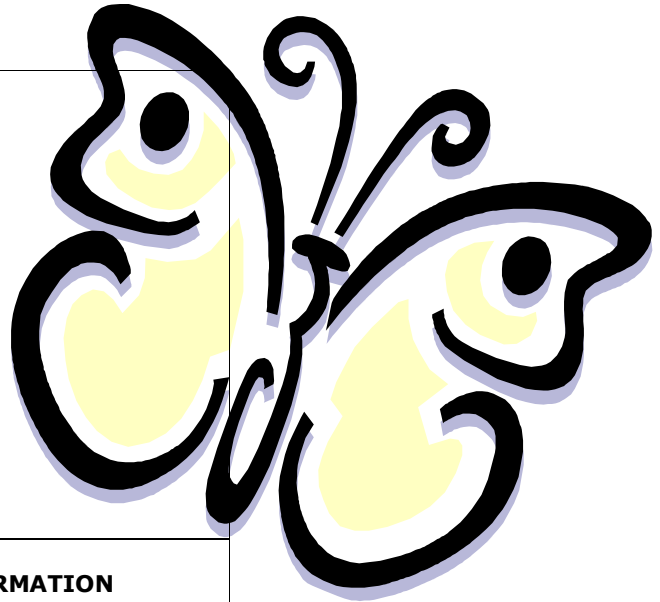
WORKSHOP CONTENT:

Part 1 YOU HAVE BEEN PROGRAMMED

Being present
Personal Commitment
Change
Connecting the Inner with the Outer World
The Inner World
Belief's
Personal Conditioning
Who is in control of Your Life?
Your Life Journey
Your Life Question
Comfort Zones
Burning 'Self Questions'

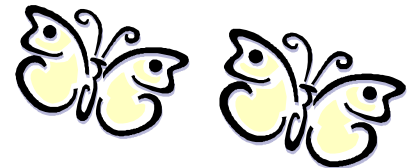
Part 2 REPROGRAMMING AND TRANSFORMATION

Expanding Beliefs
Your Relationship with my Physical Self
Changing your Self-image
Your Passions
Your Values
Remember Me ?
My Thoughts
Affirmations
Visualizations
Emotions added visualizations
Your Attitude
Self-Confidence
Gratitude
Your Goals
Commitment



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DURATION: 2 days

TARGET GROUP: Reading and writing literate at first line supervisory level. Attendance to be voluntary as participants must be willing to undertake this self exploration journey. A self empowered worker positively impacts businesses productivity.

COST: The costs are negotiated around the client's needs and the facilitator's travel and accommodation requirements. Facilitators are stationed in Cape Town