

# SELF LEADERSHIP

Strategic Steps To Emotional Intelligence

The Coaching Centre Australia



[www.thecoachingcentre.com.au](http://www.thecoachingcentre.com.au)

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**The Coaching Centre**  
LIVE THE POSSIBILITIES



## The Program

Self leadership provides practical techniques you will use immediately to harness your freedom, thoughts, emotions and create new behaviours. 'Between stimulus and response there is a space. In that space is our power to choose our response. In our responses lies our growth and our freedom'; Viktor Frankl.

Learn the extraordinary model that is frequently described as 'empowering'. Experience the joy and excitement of unlocking the natural genius in yourself and others, and find the skills, confidence and drive to succeed in life.

## You'll Learn How to

- Lead and manage your emotions positively
- Be increasingly responsible and accountable for your behaviour
- Learn self reflexivity for a healthier quality of life
- Take charge of your internal self-talk and set aside negative thinking
- Experience 14 powerful coaching patterns in this training and the ability to use more than 200 additional coaching patterns. Discover the most basic Coaching Pattern
- Think like an entrepreneur, and blow out excuses for not achieving success, lack of confidence, financial insecurity, fear of failure, not knowing what to do
- Never be intimidated, fearful or anxious no matter what challenges you face
- Achieve extraordinary results by thinking and working systemically. Live your purpose and act intentionally
- Enrich your experience of life with more passion as you discover how to get to the highest levels of our mind and set the frames that will empower you for the kinds of relationships, career, health, etc. that you want



## Who must attend this program?

- Individuals wanting to increase their Emotional Intelligence (EQ) & Spiritual Intelligence (SQ).
- Managers and leaders wanting to increase their employees EQ & SQ.
- Individuals wanting to break through limitations and blocks that prevent sustained success.
- Parents and Teachers seeking strategies for dealing with ADD and ADHD.

## Testimonial

### **Shauna Palmer - Parkes**

*"This training has been exactly what I have been looking for. I feel I now have the tools to unlock what is inside in a positive way!"*

### **Elizabeth Vasquez - Bathurst**

*"I really enjoyed Shawn's style of coaching, the content of the training is so powerful and enriching that it is amazing!"*



## You'll Receive

- 21 hours of face to face contact time
- Internationally Recognised - Module 2 of the Meta- Coach System with The Coaching Centre, ISNS and the Meta Coach Foundation
- Self-Leadership training manual
- Coffee on arrival, morning and afternoon refreshments each day.

## Your Investment

Standard rate now only \$797 for 3 days of high quality and internationally certified Professional Leadership

### CONTACT THE COACHING CENTRE FOR MORE INFORMATION



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