



Workshop Overview

Ever noticed that 'I'm not good enough' thought that pops in and stops you on the road to success? This interactive seminar is designed to allow you to identify some of these beliefs and show you easy-to-implement strategies to challenge and change your thinking processes and belief systems using some effective cognitive behavior change strategies. As well as having the potential to be life-changing, this seminar is guaranteed to be full of laughter and humor.

Who should attend?

All people wanting to improve their performance in their personal and professional lives.

Workshop Outcomes

On leaving this course you will be able to:

- ✓ Understand the power of beliefs and how they affect your life
- ✓ Understand how our own B.E.A.F (beliefs, expectations attachments and fears) influences our behaviours and results
- ✓ Recognise the triggers that start the process of self sabotage
- ✓ Learn how to challenge and change your internal dialogue

Do you need a bit of a push to set goals and then make them happen? Are you committed to living life to the fullest? Do you need to set some action plans to make sure all this happens? Would some accountability help you take action?

What others say:

Karyn is an excellent presenter and is very good at getting keeping the whole group interested and challenged.

Susan T

The follow up coaching session made a huge difference in keeping me on track.

Trudy M

Very enjoyable and loads of fun. Highly recommended.

Sam C

Loads of fun and heaps of laughs. It's the first time that I have actually got a plan of action in place that I'm able to follow.

Alison F

The workshop helped me to get clear in where I'm going this year. Six months on I'm still ticking off my goals and putting the strategies into action. Very impressed.

Nola M

Change your mind and keep the change



Introducing your facilitator

Karyn Chalk

What I love most about my work is the opportunity to inspire positive change for individuals and teams, and then see the long term results. Very satisfying!

Karyn is a dynamic and passionate presenter with extensive experience in facilitating workshops specialising in motivation, attitude and behaviour change. She has qualifications in nutrition, teaching, neuro-linguistic programming and business development, and 15 years experience in designing and delivering training in this area. She manages her own business 'Changing Ways', has been a training advisor in two large companies and contracts her services to a number of organisations.

Follow up after the workshop

Because this course is all about challenging your thinking, the workshop investment also includes an individualised follow up session with a Changing Ways coach.

Workshop Logistics

Date: To be confirmed

Time: 10.00am – 4.00pm

Venue: To be confirmed

Investment: \$95.00

Other: Please bring your own lunch

As our commitment is to provide a workshop that is personal and of high quality we have limited the number of places available.

So, take action now! To reserve your place please complete the registration form and return to us, along with your investment.

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