



## What others say:

*"This was the best workshop I've been to for a long time. Karyn is an excellent presenter and is very good at getting keeping the whole group interested and challenged."*

Susan F

*"Karyn has the unique ability to get to the core of what was holding me back from moving forward. The coaching sessions gave me that chance to address this and make a pile of changes."*

Mary L

*"Being spread over time gave me the chance to make lots of changes. I recommend this programme to anyone wanting to turn their life around."*

Sally P

*"The workshops and coaching sessions helped me to get clear on 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

What would happen if, in the next 12 weeks, you could learn some powerful and effective tools that would allow you to feel happier, make positive lifestyle changes and embrace the journey of long term success?

## What's Involved?

- ✓ **Six 2 hour workshop sessions**
- ✓ **Three individualised coaching sessions**
- ✓ **Weekly emails, follow up and support**

This is a 12 week, powerful heart-opening experience packed with quality information, hands-on tools, and life changing strategies that will simply inspire you, empower you and make a huge impact on your life.

Being an interactive programme spread out over a period of time you will fill your toolkit with simple proven strategies and real tools. We'll inspire, challenge and support you to 'practically' break through self imposed limitations and unleash your full potential. The outcome of this these sessions is profound!

The personalised coaching sessions are highly invaluable allowing solid integration, identifying additional tools, obstacle-removing strategies, and bringing about positive action plans.

## Workshop Overview

### **Session One - Starting on the road to change and ultimate success**

- Identifying your personal motivators
- Commitment to success
- The change cycle

### **Session Two - Changing the old behaviours**

- The payoffs to making change
- Identifying the triggers
- Breaking through the chain of behaviour change in a positive way

*Change your mind and keep the change*



*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!*

- BCapSc
- Dip Tchg (Primary)
- Post Graduate Cert in Challenging Behaviours
- Master NLP Practitioner
- Six Sigma Green Belt

*Karyn is a dynamic and passionate presenter with extensive experience in facilitating workshops specialising in motivation, attitude and behaviour change. She has qualifications in 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.*

## **Session Three – Developing a healthy attitude**

- How attitude affects your results
- Framing yourself up for success
- Taking responsibility for your actions

## **Session Four – Keeping motivated**

- The power of internal dialogue and motivation
- Tools for keeping going when in the past you have given up
- Designing your behaviour change programme

## **Session Five – Bringing back some balance**

- Reflecting on where your life might need some rebalancing
- Developing a short and long term plan of action to keep life in perspective

## **Session Six – Putting the plan in place**

- Reviewing content covered
- Developing a personal '*Strategies For Success*' action plan

## *Coaching Overview*

The 3 individual coaching sessions on offer are highly invaluable giving you the opportunity to integrate the tools, form new habits and break through barriers.

## *Who Should Participate?*

Anyone who is serious about making long term improvements in their personal and professional life.

## *Strategies For Success Investment*

Only \$25 a week for 12 weeks or \$220 in total. Funding support is available through the YWCA Angel Fund if finance is a challenge. Groups are kept small to guarantee a quality experience.

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