

# SELF-MASTRY WORKSHOP FEEDBACK FORM



We enable individuals, companies and organisations' to transform from their current to their chosen desired state. The coaching process makes it possible to be more focused, and raise the level of performance, thus becoming highly effective. We facilitate personal mastery, the transformation of people's lives, personal reinvention, and enable people to achieve any, or all of their goals, and to lead balanced purposeful, fulfilled lives.

## Past Participants Share What They Gained From the "Self-Mastery" Workshop

**Note** – The companies / organisations' and individuals names pertaining to the feedback below will be supplied on request to those seriously engaging with us with a view to running our Self-Mastery workshop within their business / organisation.

### 1. Testimonials

I gained an immense amount from the workshop and found Steve to be an excellent facilitator.
It was very beneficial, informative, practical, and achievable.
There was a lot covered in the workshop. Mind power stood out for me, especially the exercises.
The whole workshop was insightful.
The self-mastery workshop is necessary for all individuals – evident in the 'aha' moments experienced by the delegates during the workshop.
No other course I have been on has provided such useful tools & techniques.
I learned many useful things that I was not aware about.
It changed my life.
An eye opener. This workshop should be packaged as a subject as schooling for life.
A lovely insight into oneself. The sixteen steps helps one guide oneself positively in the direction that you actually want to go.
Wonderful, insightful, and extremely thought provoking.

**2. The most valuable insights, tools, techniques, and processes that participants gained during the period of the workshop that they will be able to use personally and back in the business / organisation.**

The workshop helped me to see where I was in life and re-affirmed for me that I am on the right track
The outcomes as expected were achieved & I have a deeper understanding of others.
Tools that assisted me are goal setting, journaling, and reflection.
Stilling of my mind – taught me to relax, distress, and tap into my subconscious.
Appreciation & value sharing – this inspired me to do & be so much more.
I have a clearer view of what my goals are. Focus on short term goals, celebrate them, thereby empowering me to continue to move towards my medium and long term goals. Now they are realistic and I have an action plan on how to achieve my goals.
Live in the present.
Release my fears that hold me back.
A deeper understanding of who I am.
Realisation of my passion and purpose.
Use of intuition.
Understand my values and beliefs to empower myself.
Holding a positive attitude changes one's life for the better.
Everyone is different – accept everyone for who they are.
Tools to maximise the brain.
Being happy makes one see and experience life differently, for the better.
I developed a life plan.
Master how you see things.
All the videos were brilliant, highly motivational. Spiritual enlightenment & the meditation technique.
Dealing with and releasing fear. Choice is key, we all have choices regardless of the situation we find ourselves in. We are the masters of our destiny. Forgiveness is important. Self-healing.
I can be whatever I want to be, if I choose to do so. Pursuing my purpose will lead to me being happy.
Use intention to overcome my fears. Listening effectively. Happiness, gratitude, and giving lead to fulfilment.
Love yourself, respect yourself, and those around you. Heal yourself. Have a passion and live it. Set goals, be responsible and accountable, and be committed to yourself, and never stop persevering.
Affirmations and the meditation technique were the most valuable techniques to reach my goals and to be happy. Understanding my beliefs and values also helped me to separate what is fear from fact.
The knowledge from the course will assist me determine who I am and what I want in my life, as well as discover my purpose.
I have gained a lot about myself and what my purpose is. The power of mind and meditation technique stood out for me.

**3. Knowledge, experience, insight, tools, techniques, processes, and confidence gained as an individual and employee through attending the two day Self-Mastery workshop?**

I gained confidence. Others saw me for who I really am. I was not judged, accepted for who I am.
Deep insight and understanding of myself.
The workshop increased my confidence to manage and lead differently.
An understanding of the importance of having values and living them in the workplace.
I see the importance of energy (positive & negative) that I relay to the world.
I have gained tools to assist me to find my passion, to plan and take control of my life and turn it into what I want it to be.
I learned to accept myself and forgive. I learned to understand who I am, what my purpose and passion in life is, and that I have choice in life.
Plan and organise.
Stilling my mind / the meditation technique was the most wonderful experience.
Identifying who I am and what my life purpose is, is important
I understand myself better now.
I learned how to replace my negative beliefs with empowering beliefs.
It helped me be more aware of myself and those around me. I am sure future engagements will be much better. It reminded me how important I am to myself and that I must nurture myself.
It is important to take time to understand who you truly are, what your purpose in life is and to always do what you are passionate about.
The process and techniques shared have helped me to create a structure for myself in dealing with any kind of situation, good or bad.
I gained a lot of knowledge and experience. I learned how to deal with my fears and overcome them.
Use my intuition as it provides me with the answers I require. Positive mind attracts positive things.
Live my life with no limits. Allow myself to dream and achieve those dreams (being realistic at the same time when setting goals).
Success in not only materialistic gains. Be true to myself. Be guided by my morals & values.
Meditation was the one tool that resonated the most (mentioned by many participants many times), but all the sessions were insightful. Using mind power and brain waves also helped a lot.
I have a choice to be happy. Releasing baggage.

**4. Has the Self-Mastery Workshop assisted and enabled participants realise a deeper understanding of what self-mastery entails?**

Yes - A life plan should be developed for myself. Also I need to be aware of who I am and where I want to be in life.
Yes- It enabled me go deeper into my feelings that I never do.
Yes – Now I know what is unique about myself which I can draw into work and other relationships.
Yes – It all starts with me and how I think and see things.
Yes – This is a journey, a continuous journey of discovering oneself.
Yes – Now I know who I am
Yes – Being able to unpack it has taken us to a whole different place. We have a better understanding and can practice some ethics at work.
Yes – It’s to master my choices, emotions, perseverance, but most of all master and tune my mind and being into a positive state. It’s taking full control and responsibility for what I do and how I can power my mind and thought to achieve what I need and desire.
Yes – It made me realise anything is possible if you believe and put your mind to it.
Yes – Brilliant and extensive and comprehensive.
Yes – Learning who I am. What having a purpose is, and a life vision.
Yes – It laid a good foundation.
Yes – The importance of taking time to reflect, set small goals and work through them, as well as the use of affirmations to re-enforce ideas, change situations, etc.
Yes expressed many times by many participants.
Yes – It makes you analyse who you really are and whether you are living your soul purpose.
Yes – Understanding who I really am, realising what my passion is. This will really help me live a healthier and happier life.
Yes – Mastering yourself is the key to happiness.
Yes – It helped me to find my purpose.
Yes – I realised that I have been everywhere but I have never been to myself. Now I have all the tools to be with myself in order to be effectively be with others.
Yes – Understanding and loving myself and that the choices we make in life sometimes determine our future.
Yes indeed – Self Mastery is a journey and that we should always seek to ourselves before we can be understood by others.

**5. Has the Self-Mastery Workshop assisted you realise a degree of self-mastery; Has it enabled you to move forward armed with tools, techniques, insights, knowledge, and processes to realise a degree of self-mastery? Has the self – mastery workshop assisted you to some degree realise and maximise your innate power and potential, and as a consequence, contribute directly to bringing about a High Performance Organisation (HPO)? If so, how so?**

I will definitely explore stilling of the mind / meditation more and also realise how positive re-enforcement is. Positive thoughts will definitely change the way I experience life.
Yes – I will use the tools and the book, “The Game of Life & Success – Steps to Self Mastery & Happiness” to expand and maximise my own personal journey.
Yes – I will use the tools and techniques to improve myself. I also intend sharing this with my partner.
I have always felt that I didn’t deserve the position I am in but now I owe it to myself and my colleagues to employ these skills, not only to improve myself but to improve the way in which I interact with them.
Yes it has – I am able to set specific goals for myself and plan to achieve them. Self-mastery has taught me that I can choose where my life is, where it’s going to and what I can do to steer it into the direction I want to. The course has shown me the innate power I have and how I can develop it to pursue my dreams, aspiration, and goals through wilful thinking, planning, seeing, and positive thoughts.
The book “The Game of Life & Success – Steps to Self Mastery & Happiness” is my tool of moving forward and will have to use it on a daily basis as my reference and guide.
Yes it has. It gave me hope and belief, encouraging me to see things in a different way.
Yes, by setting goals and putting actions in place together with timelines, it will push me to be responsible and accountable.
This workshop made me realise it’s time to take risks, that it’s time to think about my purpose, and have an open mind.
Yes it has. I have gained tools to increase my energy levels which will contribute to my performance.
Yes, everyone has the ability to become what they aspire to be if I believe and push myself to the limit all of the time.
It allows me to have work life balance, understand others, as well as gave me tools to become creative and innovative. All these will help me in moving the organisation forward.
Yes, I learned how to listen to my intuition, get over fear, to live my passion, and to know and love myself. It taught me not to doubt myself and be confident.
Yes, now I know myself. I now understand what my needs are and how best to attain them.
This workshop has reminded me I have all I need to make a difference in my life and achieve all my goals.
It has put a lot of things in perspective in terms of how to apply my mind differently.
It is a good overview.
Yes, the art of knowing self and the fact that we have choices to respond to situations in a way that doesn’t disturb / harm our psyche.
Yes many times.
Yes, releasing your subconscious plays such a massive role in your life. What you feed your subconscious is often what will come out.
It has assisted me overcome some personal issues in the workplace, but more importantly it aligned and focused me to what are my next steps in the rest of my life.

**6. What were the three most significant ‘lessons’ for you on the Workshop?**

By simply changing my thoughts I can empower myself.
The power of choice – This power rests in my hands.
The power of writing affirmations on my goals.
Live and authentic life to life a full and meaningful life.
Go with your intuition, don’t doubt it.
Use stilling of the mind / meditation to calm yourself.
The vision board exercise got me excited about the future and I can’t wait.
Brain power – in saying something to yourself, what you say to yourself can eventually materialise.
If you believe in yourself you’ll do it. If you don’t, you won’t do it.
A deeper understanding of who I am.
Live life to the fullest, embrace it.
How to be happy. How to direct my thoughts and feelings. Step out of fear. Love more.
Fear and love and the benefits of moving away from fear and into love.
Release my burden to life a more fulfilled life. Forgive others.
Attitude – what you create in your mind will have an impact on your emotions.
Self-worth – understanding what my purpose in life is.
I have the power to take control of my life.
Fear and negativity have a harsh, life shortening, goal limiting effect, verse a positive attitude.
I need to find and live my passion.
Overcome fear with love. Fear is self-limiting.
What you see in your mind’s eye is what you get.
Set realistic goals and then commit to achieving them.
Love myself unconditionally. I cannot live happily unless I love myself
Be and live my authentic self. Be honest with myself. In so doing others will truly get to know you.
Choices – Powerful concept that you are in control of your mind and can choose your outcome. Meditation tool was brilliant.
Know what you know – intuition is a powerful tool. Believe in yourself, have fun, and at all times remain authentic. Anything is possible in life, and most importantly have gratitude.
Create goals for yourself. Change your state of being to be more energetic – you have the choice. Responsibility, accountability, commitment, and perseverance – we take these so for granted, yet these are the crux to self-masterying your own change.
Forgive, forget, and release baggage or painful situations.
Happiness, gratitude, and giving. Setting goals for oneself.
Self-awareness, dignity, and worth.
Happiness – a happy person has a ripple effect, causing less stress, increase productivity, increase my ratings in return increase my income, and therefore pushing me to deliver more. Power of the mind – if you believe it you can achieve it. Your mind is powerful. Gratitude – we’ve got so much to be grateful for and there is a reason and purpose we were born.
Happiness, gratitude, and loving myself.

Releasing your purpose, meditating more, and live my passion.
Be positive – positivity breeds positivity and one you have it there is not stopping it. Be grateful – Appreciating what you have is the key to attaining or achieving your dreams. Strive for happiness – happiness breeds successful people.
Happiness, gratitude, and meditation – I have learnt to do it differently so it works. In life one needs to remain happy, even if you don't have money. Show gratitude, keep giving and helping others.
Live my passion and how living it will benefit me. Trusting my intuition. Moving beyond fear to meaning.
Perseverance – Whatever I do I need to see it through and never give up. Commitment – Give 100% in the goals I set for myself and make time to achieve them. Choice – The powerful tool I gained in this workshop is really incredible.
Who I am – I got to know who I am and what I am capable of. Attitude – We teach people how to treat us. What your attitude towards a goal is may contribute to the outcome. Accountability, responsibility, and perseverance.
Seek to understand yourself before expecting to be understood. Life is only the present. Must act now. Seek to be happy always. Always choose to be positive.

## 7. What else did you learn on the Self-Mastery workshop?

How to understand and support others.
That I know very little about myself and need to be more introspective.
How others see me and the presence I have.
People see me as a leader.
Healing is possible through stilling the mind / meditation.
I discovered a new me, and authentic me.
I am responsible for my own actions – I need to take accountability and be committed.
The power of writing my goals down. The importance of having goals.
Everyone is unique and have different goals and plans.
It's ok to be me, to take my mask off.
How important it is to be happy, show gratitude, and give. How rewarding listening to your intuition is. Learning from past events and experiences.
Have time for yourself. Nurture your aspirations. Live life to the fullest.
If you know who you are and understand what your passion and purpose in life is, you will be successful.
Mind power – Your thinking capacity is very important. Access what you think before you say it out or before taking an action.
Mastering yourself will allow you to unlock your full potential.
Never limit our capabilities.
We all have to deal with challenges, how we deal with them is the key to success.
There is no such thing as failure, only a less desirable expected outcome.
Value the opinions of others. We are all unique and at different levels of life.

**8. What personal breakthrough experiences / AHA's did you have during the workshop?**

Choose to not be overpowered by my negative thoughts. I have to make a choice to move on, to not dwell on the past.
I had a breakthrough in finding inner peace and believing that nothing is impossible.
I am responsible for my own happiness.
Doing my vision board and writing down my future allowed me to 'see' my future.
I was allowed to get in touch with myself.
Forgiveness is powerful and that I must learn to forgive others.
I am the master of my own situation and destination.
I need more balance in my life. I need to work on having a positive approach to life and all situations.
I cannot ignore my quest to find my true passion. IT'S TIME.
I must become more involved in development and coaching.
Self-worth – how important and empowering it is to realise what you deserve. How responsibility, commitment, and accountability go hand in hand. You can't really have own without the other.
I can learn to be happy and live a meaningful life.
The importance of gratitude. Stick to one's beliefs.
Listen, zoom in on that intuition. Take action, action, action.
Change of perception.
The vision board helped me see where I need to go.
I discovered that success is not only material.
I need a better balanced work life.
The meditation session. Knowing how to connect with myself through meditation.
Getting in touch with my inner person.

**9. Were there any significant turning points for you on the Workshop? If so, please explain what they were as well as why they were turning points for you.**

I realised that nothing or no one can make me happy. Only I can take responsibility for my happiness.
There were a number of experiences that reminded me that I have to be more committed to my journey.
I need goals in my life otherwise I am just doing the same thing over and over and expecting things to change.
I was able to identify my passion. This is something I plan to work on especially to feel true happiness and success.
We are all different. Sometimes I want or expect people to think the way I do and have drive and energy like I do. However, we are not all the same. I have an understanding of how my fellow colleagues feel, think, and interact.
Goal setting and choosing to do it, daily, weekly, and monthly, and tracking to avoid distractions.
Some pain turned into positive memories.
It's my choice to fill my mind with positive thoughts.
The meditation.

From now my life has change. I never spent more time recently on having fun. Now I'll do it more often and celebrate all my successes.
Meditation helped me to uncover an unfamiliar side of myself. A side which is peaceful and could uncover my inner thoughts and feelings.
Yes, I learned that fear will and can never affect me. Fear can never stop me from believing, loving, and experimenting. In short, never stop living because of fear.
Yes, success is not only measured in material gain.

**10. Were your expectations of the Workshop met? If so, please elaborate. If not, please elaborate on what your expectations were that weren't met.**

Yes, all my expectations were met – Many expressed this.
Less reading and be more factual.
Two days was not enough. The course should be extended so there is more time for discussion and discovery on each topic.
Yes and no. Who I am and having better relationships was definitely covered.
Yes – I gained wonderful insight into myself and my colleagues.
There should be more exploration of certain activities. E.G. goal setting.
Yes, all expectations met and more. After this course I not only know me, but I actually love who I am with all my imperfections – they make me unique.
Fully met.
Yes – expressed many times by my participants.
Yes. I've been surprised at what I was hiding or keeping from myself.
I honestly did not know what to expect, nor had any specific challenges that needed individual attention. However, the whole course content resonated with my experience. I am grateful for the lessons learnt for I know that I will be a better person through applying the recommended measures from this workshop.
Yes – Information and guidelines about self-mastery of different situations you encounter on a daily basis.
Yes I feel it is a good foundation.
Yes it has and even more than expected.
To the fullest.
Yes – A lot of what I learnt I already knew in principle but the workshop helped to break down how to use these tools in order to reach my goals.
Expectations met. I wanted to understand myself better.
Yes- I expected to get guidance and tools to help me understand who I am and got the results.
More than what I expected was met. I am a new person and have started using the tools and will continue until I reach my goals.
I did not know what to expect out of the workshop but all that I have learned has been very informative and will definitely apply in my career and personally.
I did not really have any expectation to be honest. But I am glad I attended. I would definitely recommend this training to my other colleagues.

**11. What was your intention in the workshop? Was your intention met?**

To learn more about myself and what makes me tick. In now know that I am responsible and capable of being whoever I want to be.
My intention was to assess the workshop to assess value add to the Bank. Intention met. Also to get a much deeper understanding of self-mastery concepts for my personal growth – which I did.
To learn, to absorb.
My intention was to open up, discover who I truly am. Uncover what I can do to have true happiness and organisation in my life. My intention was also to be able to acquire tools and techniques I can use at home and at work. Intentions met.
My intention was to learn and to know the inner me. Yet, it was fully met.
To understand how to be in touch or tap into myself, how to attract positivity towards me. Intention met.
It's a journey, the workshop kick started the journey for me.
To unleash the potential I have within, and yet this was met.
Intention fully met.
Really I did not know what my intentions. However this is what I needed and has helped me to refocus and enjoy life.
My intention was to gain as much knowledge as I can and share ideas. Yes, it was met.
I wanted to know how I can identify myself. Yes my intensions were met. I now know and understand myself better.
To connect and get in touch with myself. To realise the potential and talents I poses to make a difference in someone's life. My intentions were fully met. I got to find things out about myself that I never thought I had in me. THANK YOU!!!
To help me understand myself because at times I would scare myself in my reactions. Now I know there is a way to handle this.
My intention was to get as much information to assist me in this life journey – yet it delivered.
To learn to embrace change and overcome my fears – Met.
To find out what self-mastery is all about – Met.
My intention was to get direction and meaning on some challenging matters in my personal life and I believe these were achieved.

**12. Do you feel that you are able to integrate the Self-Mastery workshop ‘experience’ into your personal life and work life, into your way of being, and your style of managing and leading? If so, please explain how so.**

**If not, what could we do differently to assist you integrate the Self-Mastery ‘experience’ into your style of managing and leading and your way of being in general?**

By reflecting daily on my thoughts.
Some of the processes and knowledge and use it in my personal and work life.
Not all of it, but some of the steps.
Yes I will definitely be able to integrate the experience in my life and work.
Absolutely can integrate this, day by day until I master myself.
Yes. Always reflect and remind myself of my purpose.
Yes, now I know I don't have to bottle things inside. Also an awareness of what I am passionate about. People around me will take me seriously. I've learned to think before I talk, control my body language and know the purpose of why I am here.
Yes, starting with my family.
Yes. I can use the tools and techniques to better my relationships and influence other people.
Yes. The concepts are easy to understand and it makes sense to incorporate into managing and leading.
Yes – Just by being positive and loving who I am an how I am and growing in my personal journey.
Yes – This reply was expressed many times.
Yes, by being in control, full control.
Yes, empowering others by what you learn.
Absolutely.
Yes, change my perceptions.
Personal life yes, work life, can't wait.
Yes, it can be incorporated in so many ways to make me a better person, with a brighter future.
Absolutely.
Yes, I realised that I can be happy in the office and outside the office. We all have choices to either be happy or not.
Yes I can integrate. Past experience can affect your attitude and the way you view things. The solution is to have goals, know what you want. Have and action plan on how to attain your goals. Celebrate you successes always and stay positive.
Yes I will be able to. It has to do with real life and not theory. It will help me to better my life and be successful.
Absolutely, understanding and choosing the better responses to situations will make me a great person and the best leader.
Yes, the information received was very informative and I think that my life could change for the better.
Yes definitely. Tools gained are directly applicable to both personal and work environment.

### 13. What was your experience of the Facilitator (Steve Krummeck)?

Comment also on their professionalism, presence, and presentation skills as a facilitator.

<b>Steve Krummeck:</b>
Passionate about what he does. Gentle and caring. I thought he was very professional and completely present at all times.
Steve is knowledgeable and has a vast amount of experience in the field. Presence is amazing.
Open, professional, knowledgeable, sensitive, insightful, respectful, and approachable.
Steve was very professional, positive, and inspiring and full of love (even though we are all strangers). Steve talks with such passion and enthusiasm, it inspires one to find their passion and have a positive outlook on life.
Steve is a good guy. He knows what he want to bring out in people and is willing to take one through the whole journey. I hope to interact again with him in future.
Hi is very professional and his presence you can feel it in the room. Presentation was awesomeness and skilful. Overall, he knows his story and professional.
Engaging, the material was give in a way that allowed for one to uncover oneself rather than the answers provided.
He was fantastic. However he should reduce the speed. Presentation was great and articulates very well.
Friendly. Interested in what people said. Patient.
Very professional. Knows his work and translates the content very well for the audience to understand.
Very energised and positive.
Professionalism – great. Presence – Steve has a presence and energy that makes one listen to what he is saying. Infectious energy.
Very professional and knowledgeable. He was very clear in his delivery of the message.
He kept to the topic or contents of the workshop in a professional manner. He handled issues that were not relevant to the workshop as accurately as possible. He engaged with everyone and made the workshop very fun. He was on point.
Well-structured not far-fetched. Empowering, good listener. Excellent presentation skills. I did not expect this at all. Relevant examples shared for all the topics.
He's brilliant. Excellent. Knowledgeable and professional.
The presentation skills were excellent. He could draw the attention of the audience. He gave all the people some time to participate in all the activities.
Steve was professional, allowed for an engaging session where questions could be asked and theories challenged. He was very knowledgeable.
Steve is very engaging. He explains in detail what you need to know. He walks the path with making you realise the potential in you, what you are and what you can become.
Steve is humble, patient, respectful, and knowledgeable.
The facilitator was warm, friendly, and made everyone feel unique and special.
Had a good experience with Steve. Will definitely engage with him again in the future to take this further.
Well clued up. Relevant video clips were used.
He knew his work thoroughly. Very patient. A gentle sense of humour. He has respect for everybody, equally.

Steve, you have been amazing. A very humble person and you have given so much energy to the team. The amount of work put into preparation and material was wonderfully prepared.
Well rounded. Know his stuff and able to share a lot of insight and knowledge to create good discussions and dialogue.
Professional. Managed to keep the session celebrative and at the same time meet the time commitment.

**14. Where do you feel we need to improve the workshop? Please be specific and explain why you feel the improvement is necessary.**

Increase the number of days to three.
I would have like to explore Divine / Universal Mind Power but I understand that in the group context this wasn't really possible.
Try to discuss topics relevant to our workspace and see when we can improve in our environment.
No improvement needed. I wish we could do the three day to learn more.
I think the workshop covers everything. No improvements needed.
Nothing.
Time, maybe stretch the workshop to three or four days to allow people to absorb more.
All was good and well executed.

**15. Do you feel that you received value? If so, why so? If not, why so?**

Yes – Really learnt who I am.
Yes – Valuable workshop. Stirs a deep sense of questioning within individuals. As someone who has already begun the journey to self-mastery, I identified with all the teachings, however some of the concepts were alien to others and should be simplified a bit more, with easy pictures, experiments, etc.
Yes.
I do. I feel like I'm on a path to self-discovery and to reach my goals. This course has helped me identify what was missing on my journey.
Yes, I have a clearer understanding of what my direction in life should be.
Yes, I have learned a lot about the things that will add value in my life in the near future.
I do. This was a road to remind me about my journey in life. Self-reflection.
Lifetime guideline which is of value.
Yes, there is a lot I can work on as well as knowing my visions and goals and how important it is to plan.
Yes, I'm optimistic about my life and I'm ready to take the world on.
It was insightful and food for thought.
Yes, it's all about choices.
Yes definitely – expressed many times by many participants.
Yes – I now value myself and others better than before. The positive energy I have gained will also be transferred to others.
Yes, I gained a lot of knowledge.
Yes, I managed to interact with everybody in a group. Sharing our understanding about the concept in all the lessons.

Yes – I am motivated to do better and fulfil my goals.
I did for personal and career growth.
Yes, I've learnt so much, it really makes you search yourself, and we actually don't know who we really are. This workshop assisted me to find myself.
I am in a better position of dealing with challenges.

**16. Would you recommend the Self-Mastery workshop to anyone else back in the office?**

Yes expressed many times by many participants.
Oh yes indeed. We all have different life experiences and now we can take the next step is most critical.
YES – A BIG YES. I know it's impossible but everybody has to do this. At the moment I recommend senior managers up.
Yes I would. It's a really great course that grows you. It's not one of those where you fall off to sleep. It's interesting and you're just ready to grasp everything.
Most certainly. I feel everyone needs to attend.
Yes, anytime.
Definitely.
Yes, it is really helpful.
Of course yes.
Most definitely.
Yes was expressed many times.
I would, especially to those who are misunderstood, are battling with negativity or who are just stuck in a rut and think life is so unfair to them.
Yes absolutely.
Yes definitely – It is very insightful and will help our staff understand themselves and the way they interact with one another.

**Note** – The companies / organisations and individuals' names pertaining to the feedback below will be supplied on request to those seriously engaging with us with a view to running our Self-Mastery workshop within their business / organisation.

**The Self-Mastery Workshop**

For details (why you should choose this workshop, workshop overview and outcomes, a detailed outline of the workshop programme, who should attend the workshop, and the price) of the Self-Mastery workshop, contact Steve Krummeck directly on telephone number +27 011 7041395, cell phone +27 829000679, or e-mail [stevewk@twrcc.co.za](mailto:stevewk@twrcc.co.za) For a high level overview of the workshop go to the following internet site <http://www.twrcc.co.za/workshops.html>