



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.

Happiness Now Workshop – SOME Themes / Topics Covered In the Workshop

- Realising you inner joy;
- Self acceptance;
- Increasing your self confidence;
- Acceptance of your true self and being happy with this state;
- Realisation of the gifts and blessings in your life;
- Identification of your negative shadows , come to terms with them, releasing them and using them as strengths;
- Releasing your limiting beliefs around happiness;
- Shifting your internal conscious and unconscious dialogue to be happy / love orientated and not negative / fear orientated;
- Realisation of what true happiness is and inculcating it into your way of being;
- Releasing fears around being happy / releasing fears;
- Incorporating the following into your life: -
Exercise, healthy eating, healthy mind (mental wellbeing), friendships, laughter, moving away for worrying, set goals and associated plans, achievement of goals and resultant stimulation of the pre-frontal cortex (gratification euphoria), good nights sleep, leisure activities, improved social structures, overcoming negative happiness paradigms, gratitude, practicing kindness, commitment to one's life to the fullest, fun, definition of success (a personal definition) and living it, and MUCH more.
- Development of deep trust in others;
- Gratitude and its role in happiness. A personal gratitude list;
- Being authentic / in your essence and living these qualities daily;
- A subconscious 'receiving' process designed to increase the likelihood of receiving love, happiness, acceptance, creativity, joy, etc.
- Meeting your inner child and true self;
- Releasing old wounds with family and others;
- Realising and living the reality that the answers to everything are always in front of you;
- Happiness vision board and associated plan to live it;
- Understanding of the types of happiness;
- Realisation of why happiness results in wealth, success, fame, enlightenment, and more;
- Stepping into and living joy;
- Realisation of your inner wisdom;
- Exploration of the purpose of your life;
- Overcoming what you see as obstacles to your happiness;

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- Balance in your life – not all work, work, work;
- Being in flow;
- Heart rhythm coherence;
- Realisation of what you REALLY want;
- Realisation that nothing needs to happen and that one needs nothing to be happy / happier and that happiness is within you, if you choose it to be so;
- Understanding of what you are not being, not giving, not receiving, and an action plan to rectify this;
- Building effective, healthy interpersonal relationships;
- Overcoming your obstacles to happiness;
- Writing a way of being happy (and living it), with associated states (E.G. satisfied, loved, appreciated, etc.);
- Forgiveness and forgiving others;
- Letting go of the past to release pain, etc;
- What's contributed to your happiness in your life, why, and how can you incorporate this into your life going forward;
- The art of being fully present and the benefits;
- The development and implementation of a life plan.