



EMPOWERING YOU - LIVE YOUR BEST LIFE

Awakening Excellence has developed this popular one-day workshop to support individuals, teams, managers and leaders alike in creating the futures they wish to live, and to achieve personal and business objectives.

“Our thoughts are powerful – if we think we can’t, we won’t. If we think we can, we will.”

Empowering You – Live Your Best Life

Whether your career has hit a bump in the road and success seems like a pipe dream, or your personal life causes you to question if this is really all there is in store for you, is it time to take responsibility for your own happiness and start living the life you want to live?

The dreams we hope to fulfil and goals we wish to achieve drive purpose and meaning in our lives, but the barriers to that – the limiting beliefs we impose on ourselves – ensure we never quite have the opportunity to get what we want. As much as it is a natural human phenomenon, sabotaging our own success with negative self-talk and allowing ourselves to believe we are not worthy, stops us from being great, and living great lives. Get to grips with the cause of constant unhappiness, missed opportunities and self-sabotage with a full day dedicated to supporting you in reaching your potential to be great.

The Programme

- The Empowering You: Live Your Best Life workshop was designed to help participants “unlearn” these limiting beliefs, to confront and be aware of the natural tendency we as human-beings have to doubt our abilities, whether in our careers, relationships, within the family domain or with regard to the state of one’s health.
- The workshop is based on scientific findings in the fields of Neuroscience, and the principles of Neuro-Linguistic Programming (NLP) in particular, which asserts that altering thought process alters how we speak, which in turn alters how we see and experience the world. In other words, if you find that you do not have the life you want right now, it’s likely you do not have the thinking patterns needed to support the achievement of those goals.
- It is a highly energised, supremely personal experience, allowing participants to become more aware of their hopes, dreams and goals, and to put a plan in place to start achieving them.
- The workshop offers guidance in evaluating your unique needs for personal and professional growth, and the inspiration to take action where necessary. Participants will leave having created a helpful vision board and action plan for success.

Address the fears that cripple your ability to achieve and start living your best life. Get in touch with us today to book a session.