

# alfran uk Limited

developing international markets

## THE SCHOOL OF PHILOSOPHY (Sleep, love, health, wisdom and peace of mind): UNDERSTANDING YOURSELF

Three day interactive workshop on 'Understanding Yourself' with individual and group exercises to help you to learn the skills and have the tools to change your life, so that you can reach your full potential.

The delegate pack will include course notes, checklists, case studies and a book 'The 7 Steps to Success'.

### Who should attend?

- People who want to overcome stress
- People who want to find the 'zone'
- People who cannot find happiness in material things
- People who realize that they have to help themselves first, before they can help others
- People who would like more confidence
- People who would like to find love
- People who would like to manage their anger and overcome their fears

### Objectives

- To understand ourselves, which leads to an understanding of others
- To develop patience, trust, self-control, discipline and self-confidence
- To find the 'zone'
- To develop internal and external communication skills. (We are what we THINK we are!)

### COURSE OUTLINE

COURSE INTRODUCTION	Icebreaker
'UNDERSTANDING YOURSELF'	<ul style="list-style-type: none"> <li>• The power of thought</li> <li>• What is a balanced lifestyle?</li> <li>• Beginning with the end in mind</li> <li>• Visualisation</li> <li>• How we talk to ourselves</li> <li>• Accessing the right side of the Brain</li> </ul>
WHAT ARE YOUR GOALS, PURPOSE AND ASPIRATIONS	<ul style="list-style-type: none"> <li>• Discovering your unique talents</li> <li>• Tools to keep you on track</li> <li>• Distraction training</li> </ul>
UNDERSTANDING THE EGO	<ul style="list-style-type: none"> <li>• What is ego?</li> <li>• The developing ego</li> <li>• The moving beyond ego</li> <li>• The real self</li> <li>• Skills to recognize when we are feeding the ego</li> </ul>
LETTING GO OF FEARS	<ul style="list-style-type: none"> <li>• Understanding your fears</li> <li>• Childhood fears</li> <li>• Illusions</li> <li>• Processes for letting go of fears</li> </ul>
UNCONDITIONAL LOVE	<ul style="list-style-type: none"> <li>• What is unconditional love?</li> <li>• What is conditional love?</li> <li>• The magic of unconditional love</li> <li>• The 3 virtues</li> </ul>
OVERCOMING STRESS	<ul style="list-style-type: none"> <li>• What is stress?</li> <li>• Perfectionism and stress</li> <li>• Coping mechanisms</li> <li>• Time Management</li> </ul>