



It starts here!

Proposed
TRAINING Layout

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JOUR JOURNEY TO
EMPOWERMENT
STARTS HERE

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VALUES

PERSONAL VALUES/RULES/BELIEFS

- What are values?
- Difference between values and beliefs
- Changing values vs changing beliefs
- How we create our reality

HOW AND WHERE DO PEOPLE LEARN/DEVELOP VALUES/RULES/BELIEFS

- Parents
- Peers / friends
- Family / brothers/ sisters /etc
- Teachers
- Heroes / Authority figures

CHANGING LIMITED VALUES/RULES/BELIEFS

- Effective questioning techniques
- Effective language
 - Predicates
 - Assumptions
 - Mindset
- Modelling
- Triad of behaviour

ETHICS

THINKING WIN-WIN

- Why is it important to think win-win?
- What it does to your brain / filters
- Examples of thinking win-win
- Why win-lose is a loss for all parties

WHY IT'S IMPORTANT TO HAVE STRONG ETHICS

- What are ethics anyway?
- How do ethics influence my behaviour?
- What ethics say about my personality

LAYING A FOUNDATION OF HEALTHY ETHICS

- How to notice unhealthy ethics
- How to uproot and change unhealthy ethics
- How to cultivate healthy ethics

HOW TO HAVE ETHICS THAT ENDURE THROUGHOUT LIFE

- Ethical boundaries and how to apply them
- Creating a strong personal boundary system
- The importance of the right tribe
- Addressing unhealthy ethics and building the confidence to do so

INTEGRITY

WHAT IS INTEGRITY AND WHY IT'S IMPORTANT

- The difference between ethics and integrity
- How does integrity influence my decision making?
- Integrity vs morals

HOW INTEGRITY AFFECTS YOUR MINDSET AND LIFESTYLE

- Thoughts that lead to strong integrity
- What it means to truly "Know Thyself"
- Walking the straight and narrow

WHAT A STRONG INTEGRITY COMMUNICATES ABOUT YOU

- As within so without
- What your behaviour demonstrates about your beliefs
- Why "faking it" is not an option

CHARACTER

WHAT IS "CHARACTER"?

- Why is character important?
- Character vs Personality
- Inward vs outer character
- Character and integrity in unity

HOW TO DEVELOP A STRONG CHARACTER

- The importance of Kindness
- The importance of Honesty
- 23 tips for everyday life on building a strong character

DISCIPLINE WITHIN YOUR CHARACTER

- What exactly is "discipline"
- When discipline becomes stubbornness
- What strong discipline does for your success
- World-class examples of winning at discipline

CONFIDENCE WITHIN YOUR CHARACTER

- Why confidence is important for EVERYTHING
- Confidence vs egotism
- How to build strong confidence
- Fear and the act of overcoming it

BRINGING IT ALL TOGETHER WITHIN YOUR CHARACTER

- Values, Integrity, Character, Ethics



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CONFIDENCE
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MINDSET

WHAT IS A MINDSET?

- How thoughts create reality
- Hallucinations and holograms
- Truisms and deciding what reality you choose
- What is "attitude" and how does it affect our thinking processes

THE IMPORTANCE OF PASSION AND PURPOSE

- Why is finding your purpose important?
- How do I find my purpose?
- Discovering your passions and acting on them strategically

THE IMPORTANCE OF FOCUS

- Where attention goes, energy flows
- Which wolf are you feeding?
- How to develop laser-sharp focus

THE IMPORTANCE OF RESOURCEFULNESS

- Resources vs resourcefulness
- Stocktaking: what I have vs what I need
- The only two things you can count on
- The only constant in life and how to approach it

BEHAVIOUR

HOW BEHAVIOUR WORKS

- Triad of behaviour
 - Focus
 - Physiology
 - Language

HOW TO CHANGE UNWANTED BEHAVIOUR

- Using the triad of behaviour to do alterations
- Breathing and why it's your immediate SOS
- Language and its impact on behaviour
 - Tonality
 - Sub-modalities

HOW MINDSET AFFECTS BEHAVIOUR

- If it's real TO you it's real FOR you
- Altering mindset and its effect on behaviour
- The illusion of choice
 - Unconscious decisions and values
 - The pain / pleasure conundrum
 - Fighting the urge and gaining control

HOW BEHAVIOUR CREATES YOUR HABITS AND ULTIMATELY, YOUR REALITY

- Habits vs choices
- Occurrence vs Coincidences vs Patterns
- Nothing has meaning other than what you give it

OUTCOME

HOW IT ALL COMES TOGETHER TO CREATE YOUR LIFE

- In a nutshell: what we've learnt
- Foresight and why it's important
- Goal setting and well-formed outcomes
- Creating your MAP

HOW TO TROUBLESHOOT YOUR LIFE AND DETERMINE AREAS THAT REQUIRE CHANGE

- Using actions steps to determine your journey
- Calibration and reading your MAP
- The 7 aspects of life and where you stand

REACHING OUT AND THE IMPORTANCE OF A "TRIBE"

- Why is a tribe important?
- It's in your DNA
- Finding the right fit

NEXT STEPS AND HOW TO LIVE A LIFE OF MEANING

- Now what?
- Putting it all together
- Q&A
- Where to find us?



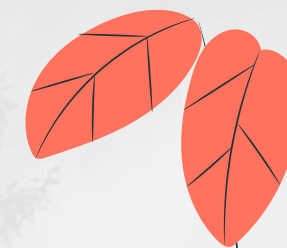
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TEEN LEADERSHIP CAMP
(Ages 15 to 18)

TEEN DISCOVERY CAMP
(Ages 12 to 14)

ECO-LEADERSHIP CAMP
(Ages 13 to 17)

YEAR-ROUND RETREATS
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