

Illumination presents



joy awareness
fulfillment
balance purpose
confidence goals

Joy'n the Journey Workshops

Content

"A Journey of a thousand miles begins with just one step"

What is your journey? Isn't it time to get off the rocky road filled with potholes? Are you ready for a serene, scenic route filled with *joy, awareness, purpose and fulfillment*? **Start your journey today!** When was the last time you focused on yourself and your needs?

Here is your opportunity. **Joy'n the Journey** of self-discovery, a fun exciting and supportive journey, where we will allow you to relax, create some thinking and reflection time, focus on what is important to you, and help you get what you really want. A space where you can tap into your own inner wisdom, and creativity to find the answers to YOUR own questions, take some risks and get out of your comfort zone.

Come join us for an amazing workshop series, a journey for the next twelve months. We will introduce you to some useful tools, techniques, tips and strategies, which you can use to achieve those goals and dreams that have been eluding you for various reasons.

Our workshops are interactive and will help you design a life plan for the year ahead creating more of what you want and less of what is not working for you. Each month, we will meet for an exciting two hour workshop, where you will learn valuable life lessons that will help you step into your greatness with confidence.

These workshops promise:

- BALANCE** You will learn how to balance work, home and play.
- FULFILLMENT** You will learn how to make better choices and align your life with what is valuable to you, so that you become content and better satisfied with your life.
- JOY** You will be designing goals, sharing insights with others and discovering how to enjoy life.
- AWARENESS** The bonus is rediscovering who we are along the way.

Your Coaches

'The best way to find yourself is to lose yourself in the service of others.'

My name is Lydia Mattison CPC. I graduated a Professional Certified Coach from the International Coach Academy. I have had both the experience of being coached and coaching others and am part of an extremely resourceful coaching community. I have always been interested in personal development and adult learning, and enjoy the community and connection of workshops and seminars and am passionate about bringing people together in learning environments. I run a family business that creates and sells products which enable people to beautify and transform their physical spaces, while in coaching, I now assist my clients in making their life a creative expression of who they are so that they may bring their brilliance into focus, and discover their true potential.

Awareness lets them see the beauty in their lives and by transforming from the inside out, they are able to put their spirit into action.

<http://www.empoweringspace.com/>

My name is Georgina Terry FCCA. I have always been interested in helping others achieve their maximum potential, as far back as I can remember. I believed this started with my parents instilling in myself and my 3 siblings, that we could be anything we wanted to be in life, as long as we truly believed that we could. **Our limitations are only in our mind!!!** I am an ACCA qualified accountant with over ten years of financial and accounting experience. Six years ago, I left the world of finance and became a Management Consultant in the change management and people development arena. I have developed strong facilitation, presentation, coaching and consulting skills. I have been privileged to coach some wonderful people, who have gone onto great leadership roles within their organizations and outside, having far surpassed what they or others thought possible and now they have greater self esteem, greater self awareness, better relationships with others in their lives, greater job satisfaction, to name but a few.

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Outline

The major value in life is not what you get. The major value in life is what you become.

--Jim Rohn

The following themes will be discussed in the workshops:

- A healthy life balance
- Your personal set of values
- Setting inspiring goals
- Compelling visions
- Tips and strategies
- Eliminating things that drain your energy
- Creating new habits

Cost

"Opportunities are never lost, someone will take the one you missed"

The cost of the twelve workshops is \$1800

Payment Options:

- \$1,500 (\$300 discount) if paid by March 3rd
- 1st installment \$900 by March 3rd and \$900 by July 21st

A receipt will be given to you on day of payment.

Full payment is required prior to the workshop in order to hold your place as spaces are limited.

A cancellation fee will apply.

What to bring

"The bridge to success is never crossed alone." - Zig Ziglar

- A positive attitude
- an open mind
- your imagination
- lots of enthusiasm
- a good dose of humour
- Your commitment
- a notepad or journal
- a pen or pencil
- You will be given handouts and worksheets

How to book

"It's so hard when I have to, and so easy when I want to."

Please request a registration form from Lydia or Georgina <mailto:our.illumination@gmail.com> or call Lydia at 680 9716 and Gina at 362 6368.

Workshop size is limited to allow maximum participation.

To reserve your space, please book by March 3rd.

Venue

"Go the extra mile it is never crowded there."

Santa Barbara Boulevard, Santa Cruz.
The Offices of East of Eden Ltd.

Third gate on the left as you enter the road.

Times and Dates

"You are the only problem you will ever have and you are the only solution."

--Bob Proctor

First workshop March 10th 3pm - 5pm.

- April 21st 3pm-5pm
- May 12th 3pm-5pm
- June 23th 3pm-5pm
- July 28th 3pm-5pm
- August 11th 3pm-5pm
- September 15th 3pm-5pm
- October 13th 3pm-5pm
- November 10th 3pm-5pm
- December 8th 3pm-5pm
- January 12th 3pm-5pm
- February 2nd 3pm-5pm