

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.

www.empoweringspace.com

My name is Georgina Terry FCCA. I am a qualified accountant by profession and after 10 years in finance, I decided to change my career and entered the change management and coaching arena. I have coached professionally for over 6 years and has had the privilege of working with several great people, who have been promoted to leadership roles within their organizations. Our coaching impacted their personal lives also (improved self-esteem, awareness, relationships.)

My passion and purpose led me to start my own business and career coaching business in Sept 2007. I now own a luxury mobile spa business. This business also helps individuals take time out for themselves, either at work or at home at their convenience. I have always wanted to have my own business, and this is now a reality.

Remember our limitations are in our minds, we already have what it takes to live the life you want, we just need to tap into it.

www.pampersuite.com getstarted@gmail.com

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Outline

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

The following themes will be discussed in the workshops:

--Jim Rohn

- A healthy life balance
- Your personal set of values
- Setting inspiring goals
- Developing self-awareness
- Compelling visions, passion and purpose
- Tips, strategies, structures to support you
- Eliminating things that drain your energy
- Creating new habits and beliefs

Cost

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

The cost of the twelve workshops and twelve teleclasses:

Payment Options:

- Workshop \$3000 (10% discount) if paid by February 8th
- Workshop installments \$1700 February and \$1700 by June

Full payment is required prior to the teleclasses in order to hold your place as spaces are limited.
Teleclasses \$2600.00TT or \$420.00US

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 willingness and desire to explore
- 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.

Teleclass size is limited to allow maximum participation. To reserve your space, please book by **February 8th**.
Workshops : book by **1 st March**.

Venue- for workshops

"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

Option 1: Join the workshops via conference call/(teleclass) every Tuesday from 19 February 2008 at 8.00 pm TT time or 7:00pm EST from the comfort of your own home, office or desired location

Option 2: Attend the workshops in person every 3rd Saturday in the month from 15th March 2008 at 3.00 pm in Santa Cruz