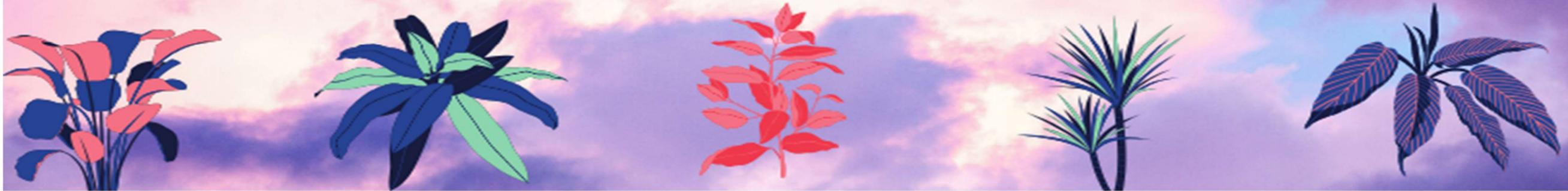


# ASK FOR WHAT YOU WANT



Welcome to the program to learn to ask for what you want. In this program, you will receive the following:

Firstly, there will be weekly live webinars for all of your questions and progress and you will have a community to support you the whole way.

Congratulations on taking the initiative to investigate this program where you will be able to develop your Emotional Resilience. Throughout the course, you will receive the following:

There will be weekly live webinars for all your questions and progress, and you will have a community to support you the whole way. Each of these areas will be explained more fully throughout the course. However, this will give you an idea of the areas that we will go through and the development that is required for each area.

## Module 1

**What is Stress?** It is important for us to understand what we are dealing with in the first instance. Yes, stress comes in many forms and we will go through all of these and see where you are and what is required.

**Work pressure versus Work Stress.** This is important to understand the difference between Work pressure and Work Stress. You will find from this that you will be able to identify where you are at within your work. Some of us will be really struggling and need additional help.

**Introduction to Meditation.** This is the first step to being able to relax your mind and work out a simple way to put you into a positive mindset to commence the day.

**Clearing Negative Influences** – It is important for us to clear the negative influences that are affecting us throughout our lives. Please note that this is an introduction to this, and will guide you through at least one person, however you may need to do extra work in this area should there be major issues.

**Understanding Negative Emotions** – Now it is important for us to understand the different types of Negative Emotions and the impact they can have, whilst being fully aware that they required for our daily lives.

**Hierarchy of Negative Emotions** - This will detail further into Negative Emotions and list all the emotions that we come across under each umbrella that we discussed previously.

**Clearing Negative Emotions** - And finally, we need to clear the excessive negative emotions, and so we will go through a process to do this. Should extra support be required, one on one sessions are also available.

**Beliefs** – as we know we all have beliefs that limit us, and so it is important for us to turn these around so that we can live a more fulfilling life. It is also important for us to recognize the positive beliefs that we have about ourselves as well, and so that we can build on these for future reference.

**Forgiveness** – as we know we all have been affected at some stage in our lives by other people, who may have hurt us – some intentionally, others may not even know that it has happened. So, we need to forgive them, but more importantly we need to forgive ourselves, and make space in our minds to concentrate on other things.

**Positive Emotions** are important to us. We need to build on these. However, remembering that some positive emotions may stress us out as well, so we need to find a balance.

**Utilizing Timeline/Matrix Therapy to assist in clearing of negative influences, excessive negative emotions and Limiting Beliefs. As well as Hypnosis in relation to Forgiveness.**

## **Module 2 – Developing a Positive Mindset**

**Fitness** – This will deal with the importance of fitness, the impact it has on our mindset, and help you to develop a fitness program to enable you start to become active slowly. Fitness is especially important to our health and wellbeing, particularly as we move forward in our years.

**Meditation** – Understanding the importance of meditation, how to do it as there are many variations and dealing with any questions that may come up. Remembering it takes time to get the full benefit of meditation, and so it needs to become a daily ritual.

**Journaling** - Learning to write down all your thoughts on paper and putting into a journal is a wonderful thing to be able to do. As you learn more about it and learn to use it on a regular basis, you will find many benefits. It allows you to become a better writer to start with. When I first started, I didn't believe that I could write, and now I find myself writing for an international magazine. It also helps you to learn the elusive art of solitude. It can boost your immunity and keep your focus on what you want. It is also an idea incubator and dream catcher. I have found that it has helped me to overcome many issues when I could not get them out, I could write them down and that moved them out of my focus.

**Self Esteem** – So what is self esteem and why is it important? In a nutshell, self-esteem is your opinion of yourself and your abilities. It can be high, low, or somewhere in-between. While everyone occasionally has doubts about themselves, low self-esteem can leave you feeling insecure and unmotivated. You might be able to identify a few things that are affecting your opinion of yourself (maybe you are being bullied, or you might be feeling lonely), or it could be a mystery.

**Self-Love** – Learning to love yourself is an especially important part of life. We reflect to the greater world the way that we feel inside. If we feel like we are no good, that is what we will attract from the external world. It was not until I learnt to love myself, that my whole world changed, and that I started to attract new people into my life. With this we will also go into some Mirror Work. You may have heard of Louise Hay, well she has this course on Mirror Work, and I have learnt it from other areas as well, but it is very powerful, and will commence you on your way with this type of work.

### **Module 3 – Bouncing Forward**

**Dealing with Stress at Work** – learning about different strategies in which to survive should you be totally stressed out at work. This is about dealing with management side of things and learning processes to put into place for the systemization of things. It is about the structural side.

**Work Strategies** – We will look at some strategies to deal with the people side of things at work. Relationships at work can be hard. And so we need to be able to protect ourselves, know where and what we want from these relationships, and be able to stand for yourself in that environment, wherever that may be. So we will look at some techniques to overcome some of these issues.

**Learn to identify what you want** – So, before we can ask for what we want, we need to be able to identify what that is. Some of us, when we are emotionally in a bad place, are not able to think clearly as to whether we are in the right place, or whether we need to make a move so that we can live a happier life. I have developed a process to guide you through while you endeavor to identify what you want.

**Effective communication** – It is important for us to be able to communicate effectively, in a structured way, which will assist in developing the confidence to ask for what you want at work. I have followed a structure in my business and a way of communicating for speeches and writing articles which has been quite successful and I will pass this onto you.

**Finding that confidence** - learning some new skills to regain your confidence, and be able to ask for what you want at work – whether you be in a position of working for someone else as an employee, or in a position as an entrepreneur where you need to be able to ask for what you want for the survival of your business.

**THERE WILL BE WORKSHEETS TO WORK THROUGH IN THIS REGARD, AND TO BE PUT BACK INTO THE GROUP FOR COMMENT.**

So, now if you would like to book a call with me to discuss, please speak with me, and I can discuss this with on a more personal level. Just remember it is great to be part of a Community, and this will give you more likeminded people to relate to, who have been down difficult paths as well. I have found that it is useful to be able to discuss with those that understand.



