

A *Bee You™* Workshop Unleashing Your Potential



Believe it is possible, **E**nvision your dreams, **E**nlightenment follows

Find your place to begin

Pooh looked at his two paws. He knew that one of them was the right, and he knew that when you had decided which one of them was the right, then the other was the left, but he never could remember how to begin" - *AA Milne* -

In this fun & creative workshop you will:

- ⊗ Discover your authentic self & passions, begin defining your purpose. Know your truth.
- ⊗ Identify & align your superior personal values
- ⊗ Identify your motivators, your strengths, your talents & self perceptions
- ⊗ Recognise limiting beliefs & self sabotaging behaviours, thought patterns that do not serve you,
- ⊗ Become aware of your mind/body connection, your stressors & how to manage them
- ⊗ Trust your inner wisdom
- ⊗ Dare to dream & crystallise them in your reality
- ⊗ Envision a future you want and deserve with a vision board of your dreams, goals and aspirations

What others have to say...

"Extraordinary. Great practical methodology to visualise and achieve what you never thought possible!" – *Kerryn-Leigh*- **Marketing Consultant**

"Intense, revealing, enlightening allowing you to visualize yourself as you may want to see yourself. If you cannot see it – you cannot be it. I am a strong believer that people make their own luck and often tend to make the same mistakes over and over again – not able to see the pattern. You are able to sensitise people to the PATTERN without SAYING it directly. I think that you hypnotise people, working on their brain waves, without them realizing this. Thank you! *Carmen*– **Business Owner**

Beeing You so that everyday is *Bee-you-ti-full*

Workshops 2 days followed by 4 Buzz Groups (group coaching sessions)

Includes: A workbook, tea/coffee & biscuits.

Bring: Your dreams & imagination, Old magazines & something for lunch



Overcome Obstacles – Observe Opportunities – Obtain Outcomes