

Join us for exciting, stimulating and heartfelt experiences by attending...

# *Present You...*

## A Woman with Heart

To be present and in the moment; to be a gift to others; to powerfully present yourself!

With

**Colleen Bryant, Raewyn Anderson, Eileen Darwin**

NLP Master Practitioners, Trainers and mBIT Coaches

### Benefits for you...

- ✓ Personal and Professional Development
- ✓ Starting the year off with Vision, Clarity and Purpose
- ✓ Gaining communication tools and techniques
- ✓ Truly Valuing Yourself
- ✓ A new level of self mastery
- ✓ Learning about your Heart, Head and Gut intelligences
- ✓ Finding out how to access more Compassion, Creativity, Courage and Wisdom

### Our 6 Coaching-Training Sessions include:

Morning Tea, Folder, Handouts, Resource Material

**And a Celebratory Lunch on final day!**

**Venue:** CPL Training Space, Auckland. NZ.

**2014 Dates:** 19 & 26 February; 12 & 19 March; 2 & 9 April

**Session Times:** 9.30am – 1.00pm

### ♥ Pre-requisite...

You are a woman who desires to learn, make changes and become more inspiringly you. **See the Bonuses on page 3!**

### Your opportunity to -

- ✓ **Upskill and update yourself with transformational learning**
- ✓ **Make a positive difference to others lives at work and at home**
- ✓ **Be coached and supported by three women who have 'been there, done that' and want to give back**

### About your team –

**With many years of experience** between us as daughters, mothers, wives, lovers, sisters, grandmothers, employees, employers and businesswomen – we would love to share our knowledge and wisdom with you...

**We are women** who are prepared to stand out, speak up, and get the job done! And, we are also loving, caring and generous of Spirit...

**We invite you to join us for 6 exciting and inspiring sessions** learning with other like-minded women – you'll hear our stories, and we'll listen to yours... you will enjoy the learning, the insights, the truth, the myths ... and you'll laugh, cry, be down, and up... and most of all... you'll find it's great to be real!

**We welcome you to a new way of being... be ready to change your beliefs about who you are and what you can achieve!**

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**Our Vision – developing leaders who ask better questions and get better results!**

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## During the 6 Coaching-Training Sessions –

You will be well supported by the facilitators and group members and you will find an inner strength you didn't know existed!



### Ask yourself these questions...

- I'd like to be able to achieve what I want?
- I want a more exciting and fun future?
- People say I'm too emotional, am I?
- Do others misunderstand me?
- Would I like to be more motivated?
- Is life 'all too hard' for me?
- Would I change, if I knew how to?

Did you answer **YES, even to one?** Then this 6 session programme is definitely worthwhile for you to do!

### What's your situation?

Do you have trouble with low energy levels?

❖ **How about becoming more motivated and energised?**

Do you get overlooked at work, or at home?

❖ **Would you like to be more popular, appreciated at home and recognised at work?**

Do you get walked over or talked down to?

❖ **Learn how to stand up for yourself and have more power in your life!**

### The 6 Sessions –

1. Clarity, Coherent Breathing, Outcomes and Visioning
2. Relationships, Values and You
3. Communication Skills, Tools and Techniques; How to Present a topic easily and effectively
4. Wellness and Wellbeing: Heart, Head & Gut Intelligences and how knowing this can lead to wiser decision making
5. Motivation Styles, Selling and Negotiating
6. Presentations and Celebration Luncheon!

**With strong leaders, coaches and trainers as your guides,** you will enjoy a magical journey of self-discovery, heartfelt learning, personal integration and the opportunity to learn how to make wiser and more systemic decisions for you!

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[eileen@commplus.co.nz](mailto:eileen@commplus.co.nz)

### Why do this?



- To achieve more of what you want
- For inspiration
- To 'be more' than you think you can be
- Learn how to overcome stress through the breath
- To stand up for yourself with heartfelt dignity
- To learn the art of good relating
- Be a better team player and a better leader
- To understand and embrace mindfulness



Colleen's motivating and loving



Raewyn's warm hearted and caring



Eileen's inspiring and creative and we all really enjoy working together!

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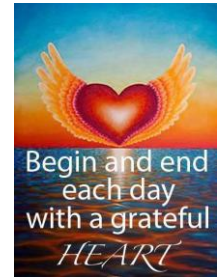
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# Registration Form:

## **Present You... A Woman with Heart!**

To be present, and in the moment; to be a gift to others; to powerfully present yourself... it's all here and available for you... **Register today!**



**FULL INVESTMENT:** \$1199+gst (\$1216.85) - \$202 session – in full by 10 Feb 2014

**EARLY BIRD: \$799+gst (\$918.85) - \$153 session – in full by 20 Dec 2013**

**PAY PLAN:** \$1033.85 @ \$207 month, Dec 2013 – Apr 2014

**PLUS FOR YOU - a \$75 Voucher off a \$150 One-on-One Personal Coaching session with either Colleen or Raewyn**

**And... \$100 Voucher toward any future CommPlus training event**

**Your Investment Option \$.....**

First Name: ..... Last Name: .....  
Company Name: ..... Occupation: .....  
Mailing Address: .....  
Telephone (Bus): ..... (AH): .....  
Fax: ..... Mobile: .....  
Email:..... Referred:.....  
Your Signature:..... Date:.....

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**Credit Card** - please circle one: **VISA** **Mastercard** **Bankcard** **AMEX**

Administration Charge for credit card transactions 2%

Name on Card: ..... Signature: .....

Card No.: ..... Expiry Date: .....

### Terms and conditions of enrolment into CPL's courses:

Withdrawal/Transfer from the course after enrolment incurs a minimum 15% fee for administration costs.  
Withdrawal from the course within 1 month prior to start date defaults 30% of the course fee.  
Withdrawal from the course within 2 weeks prior to start date defaults 70% of the course fee.  
Withdrawal from the course within 1 week or after commencement of start date defaults full course fee.



**Collaborate, Explore, Learn, Share, Develop and Celebrate!**  
**Join us - it will be fabulous, fun and freeing!**

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