



Live **YOUR** Life DO WHAT YOU **REALLY** WANT TO DO

Facilitator: Eric Lynn



A one-day Personal Leadership Workshop to

Clarify **YOUR** Life Questions...&...Discover **YOUR** Life Solutions.

How can I reduce my stress levels?

I know I can do more with my life!
But how?

We've never got enough money!

I wish we didn't argue so much at home!

My life is lacking purpose!

There must be some way to earn a living and enjoy life!

Why is there so much conflict in my life?

If you are asking yourself these or similar questions, you are not alone!

Far too many people are unhappy, stressed, unfulfilled, failing to reach their true potential in life. Changes in society, the increasing pressures of the working world and burdens in personal life affect everybody. The statistics below give an indication of the extent of the problem.

Only 45% of U.S. workers are satisfied with their jobs (Conference Board, 2010).

Only 15% of Germans look forward to going to work; 64% simply go through the motions (Welt Online 2008).

Burnout syndrome is now described as the "peoples disease" in Germany which has seen a **10-fold increase** in diagnoses from 2004-09! Prescriptions of anti-depressants have increased 2.5 times since 2000 (Speigel Online 2011).

Divorce rate: now approx. 50% in the western world. In the USA, 74% of 3rd marriages divorce (divorcerate.org).

Search for statistics on satisfaction with home or social life, loneliness, or similar, and the figures will indicate a problem.

Google "life happiness": 75,000,000 hits.
Search "self-help" in amazon: 165,000 hits.
Google "self-help": 555,000,000 hits! (No, this is not a typing error, try it!)

People are searching for help.

Everyday (really every day), whether I'm in Europe or Asia, I hear how people are unhappy: at work (problems with the organisation/boss/colleagues, stress, unfair treatment/pay/working hours); at home (partner, children, money, health, friends, social life, boredom, loneliness, ...).

Every day, I also meet people who describe themselves as successful. They seem happy and generally are. Often, however, they indicate that, notwithstanding their success, they sense they could be getting more out of life but can't find out how.

Now, here's the good news...

"A lot of our happiness with our job is really about how we view it. It comes from us, not necessarily just the job," says Sonja Lyubomirsky, a psychology professor at the University of California-Riverside. "Positive emotions can serve as antidotes to negative emotions. So learning how to increase the levels of positive emotion in your life can actually make you feel less stressed, more resilient, less angry, less anxious. **40% of the differences in happiness levels between one person and another can be explained by factors that are directly under individuals' control.**"

If **YOU** are unhappy with your life, **YOU** can change it! Only **YOU**!
Take Control: It's **YOUR** Life. Live it!

In this workshop, you will learn to take a self-empowering approach to your life:

- how your attitude affects your perspective;
- how to get to the roots of the barriers preventing you from changing, and overcome them;
- how to see the alternatives;
- how to select alternatives that enable you to create a purposeful economically viable life ...
... congruent with your real self.

Our core focus ... Change your attitude to problems. Then develop alternatives.

This workshop will benefit you if...

- You feel dissatisfied with one or more aspects of your life and want to make a positive change.
- You're successful. You want to be even more successful.
- You feel generally OK with life but sense there could be something more. You want to find it.
- You are simply curious, seeking ideas and impulses for doing something different with your life.



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How we will work...

Practical. Focused. Realistic.

Practical - You'll be working on your life your issues. You'll reflect, exchange with others, gain insights/impulses/ideas. You'll question and find answers. You'll experience frustration and success – it's normal. You'll make friends – with yourself as you are, and also with others.

Focused - Moving from your current life to an economically viable purposeful future.

Realistic - Being realistic includes opening your eyes, mind, heart to life's unlimited possibilities.

I'll facilitate you through this process...ask a lot of questions, be a catalyst and make remarks to encourage you to reflect and develop your answers. I may be a guide.

BUT...I will not lead you. You must lead yourself. It's your life. This is the only way to succeed.

You alone can make the necessary decisions and changes to live the life you want.

Your core question will always remain in focus.

Realism about progress: This is a one-day workshop. It's the beginning of a change journey in which you will gain a lot of extremely useful insights.

By the end of the day, you can develop a new attitude to the reality of your life. - This is essential and absolutely realistic. Everything will feel different, far more positive. New possibilities will seem achievable – a huge step to getting what you *really* want.

You will even be able to make immediate important changes.

Please be aware, however, there is no magic formula for real fundamental life change. - It simply takes time and work.

Investment...

Money is important. Think about the cost. We all have to weigh up the benefits of anything against the cost of purchase – the concept of investment.

This financial investment in your life is only €170. It covers the workshop, refreshments and lunch during the day and includes a free registration to *mylifeQs: 30-Days Self-Coaching* (registration value €24.00, real value infinitely more) - the world's only online Self-Coaching Programme, developed by Eric Lynn and launched in 2010.

Participants

The maximum number of participants per workshop is 30.

Eric Lynn Facilitator

Eric Lynn is a Life and Executive Coach, Facilitator, Consultant, Trainer, Entrepreneur with over 30 years experience designing and implementing Personal Development programmes. Among his clients (who include European Commission, Siemens, Bombardier, Bosch, S.E.S./Astra, Chrysler), he has built a reputation for asking powerful questions to engage people in achieving meaningful results. Eric's life has always involved crossing boundaries, enabling him to evolve a natural intimate understanding of change and its effects. He works worldwide, has lived most of his life in Europe, but since 2004 has chosen Asia as his primary home. He currently works out of Thailand and Germany...but this too can change.