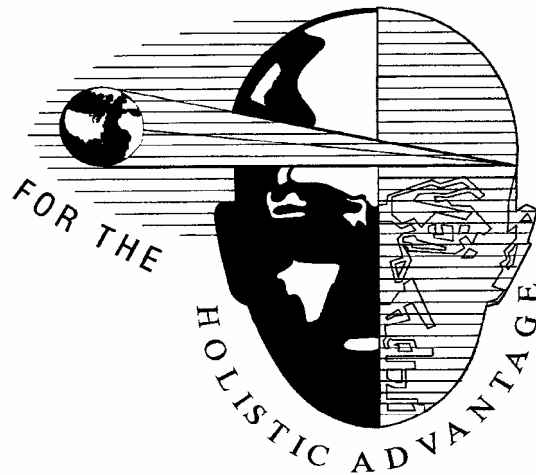


GEAR CHANGERS

RECLAIMING YOUR POWER

**A Course Directed At Managing
Self Positively and Reaching
Goals Co-Operatively
Utilizing Gear Changers'
Quinti Spiral Technology**



This course is a follow-up on the first course you did with Gear Changers.

It is about uncovering the layers of conditioning so you can make the changes that would serve you in all the areas of your life. The co-existence of clear intention and intuition forms a strong backbone to discovering both the place you are at currently and following the synchronistic path of what wants to emerge from your own ever widening spirals.

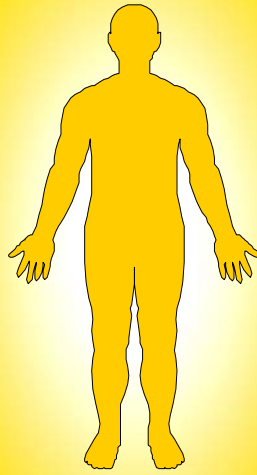
RECLAIMING YOUR POWER

Intrapersonal
Power & Control
Interpersonal
Boundaries
Heart of Money

Energy Centres
Wellness vs Illness
Immune System
Money & you

HEART

PHYSICAL



**Values
Role
Goal
Mode**

SPIRIT

MIND

Intuition
Inner Peace
Creating Pathways
My profile as Light
Spirituality & Money

Power Games
Empowerment
Money attitudes
New Beliefs



Your interaction with the world

RECLAIMING YOUR POWER

PHYSICAL

- The seven energy centres held within our bodies
- Our attitudinal beliefs
- Power and control of self and the environment
- Self-image and integrity
- Wellness versus illness
- Understanding the psychological and biological aspects of dis-ease
- Stress and your immune system
- Money and you. Are you manifesting the kind of money you would like?

MIND

- Why you behave the way you do. Consider your stumbling blocks and fears
- Mental alignment of all your aspects into what is needed for our life to be successful and contributing to the greater whole of team and organisation.
- What we think about ourselves (positive/negative) continually determine how we are manifesting circumstances
- Where are you in your current life: heart, spirit, health and mind?
- The energy of Money. Your attitudes, fears, beliefs about money

SPIRIT

- Using intuition as guidance towards success, health and happiness
- Finding inner peace makes you productive and effective in all you do
- Using your profile: Values, Role, Mode, Goal, as decision making tool from moment to moment
- Creating pathways that serve you on all levels
- Spirituality of Money. Financial abundance is a spiritual manifestation

HEART

- Interpersonal power and energy control
- Our compensation for criticism, abuse, neglect, abandonment
- Your particular styles of manipulating power
- Losing power and energy to situations and people
- Recognise the limits/boundaries which would empower you

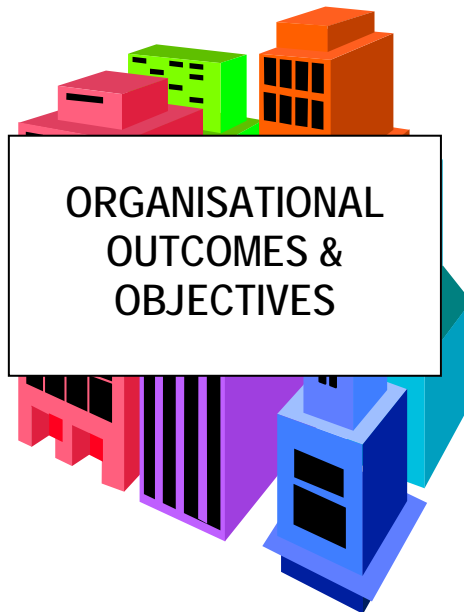
CHANGE

- The cycles and of change
- Change possibilities – examining self and life direction
 - Visualization Setting goals for an outcome that is aligned to YOUR life

RECLAIMING YOUR POWER

IMPACT: INDIVIDUAL

- Managerial self-management:
 - Being proactive
 - Visualizing end so you can begin right
 - Establishing priorities
 - Seek first to understand, then to be understood
- Creating a habit of self renewal
- Self-realisation
 - Work as an enriching experience
 - Work as source of valued relationships
- Intrinsic self-motivation & goal setting
- Emotional stress management
- Enhanced self image
- Understanding boundaries to enhance productivity and effectivity



IMPACT: ORGANISATION

- Managing power and control.
- Understanding change management.
- Self-image renders effective client service.
- Harnessing of intuition as a management skill.
- Improved employee health; enhancing productivity and effectivity.
- Reduced interpersonal and intrapersonal conflict.
- Managing situational cues such as
 - avoidance of negative cues
 - seeking positive cues
 - self contracts
 - behaviour changes towards self-improvement

- Improved group dynamics due to reduction of conflict, stress, power games & friction
- Group decision making improved
- Team relations improved through self-management and setting of boundaries.
- Goals achieved easier & faster
- Cooperating actively and creatively
- Fluid change & adaptation during transition

IMPACT: GROUP AND SOCIAL PROCESSES

IMPACT: ORGANISATIONAL PROCESSES

- Enhanced organizational communication and conflict handling
- Behaviour modification & self-management
- Leadership development through internal motivation and self-empowerment
- Performance measurements enhanced
- Development of leadership:
 - Self-reinforcement
 - Self-observation
 - Self- expectation