

Transforming stress
Into
WELLBEING

This course is a holistic approach to wellbeing.
From following the latest research in various areas of energy and how it works, we
have created a course which focuses on the Law of Attraction.
Learn how to attract to your life...

WHAT YOU DO WANT
Instead of the stress of
WHAT YOU DO NOT WANT

**It is possible to be physically ill (cancer, etc.) and still achieve a state of wellbeing.
Find personal solutions for the problematic and stressful areas in your life, so you can begin to live
from joy, peace and creative problem solving**

**The facilitation of the workshop is done in a *whole-brained* way. There are many opportunities to
incorporate gained insight into possible new lifestyle practices.**

It is experiential, filled with laughter but insightful, motivational and deeply touching.

OUR TEAM:

- **JUDIE NEL** - FACILITATOR (Founder and CEO of Gear Changers)
- **DR. ANTONIA BUYS** (MBBCH, MBA) Medical and energy medicine expert
- **CYNTHIA GIRON-DUIGAN** – International physiotherapist and massage expert from Chile

Dr Buys will have the latest technology in Energy Medicine at the course venue. Each delegate will have personal time with her.

Cynthia Duigan gives personal attention with hand, neck and shoulder massages to each delegate during the course. Cynthia also teaches relaxing and joyful Latin American group dances during course intervals.

The SCIO (Quantum Healing Equipment) uses the principles of quantum physics. Using state-of-the-art computerized technology it scans an individual to determine an energetic imbalances and stressors. The frequencies are then monitored and analyzed by Dr. Buys. In a very quick and efficient way each delegate can thus be analyzed for stress and the doctor can make on the spot suggestions towards healing.

The course includes:

- 2 day course facilitation with course manuals provided
- Personal energetic stress measurement and printout with high computerized technology supported by medical expertise
- Personal consultation on issues raised with Dr. Buys (MBBCH, MBA)
- Individualized therapeutic hand, shoulder and neck massage by our expert during course.
- Each delegate receives a gift parcel which includes:
 - A personalized journal
 - CD with a relaxing toning exercise and course music
 - Reflexology charts to massage your hands, feet, face and scalp at home.

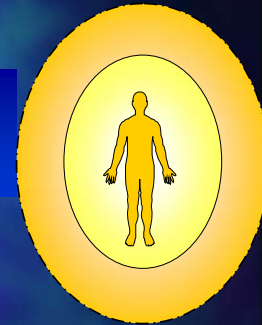
The course is suitable for delegates from NQF 4 to NQF 7. Learners must be grouped according to NQF levels. Our facilitation is highly skilled and course material is adjusted in depth, scientific needs and wholebrain development of course attendants.

Our Healing Modalities

MEDICAL EXPERTISE

DR ANTONIA BUYS

Each delegate is connected to the system for individualised cellular readings towards holistic healing & self empowerment



PHYSIOTHERAPEUTIC MASSAGE

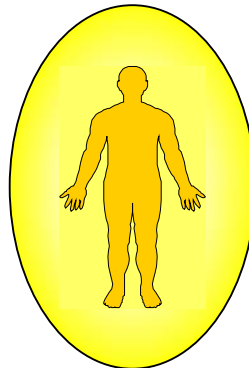
Of HANDS, NECK AND SHOULDERS
BY

Cynthia Duigan, our international team member from
Chili

WELLBEING OBJECTIVES AND OUTCOMES

ORGANISATIONAL

- Develop a high performance culture
- More efficient use of human resources
- High self-monitoring - reduced rework
 - reduced absenteeism,
 - reduced poor performance,
 - reduced staff turnover
- Improved client service
- Happier work environment



INDIVIDUAL

- Understanding the perception of stress – as harmful, threat, challenge
- Obtaining an energetic, medical reading of personal stress levels: physical and emotional
- Understanding coping strategies – both in personal and work life
- Physiological changes caused by stress can be addressed
- Improving personal control - individual reactions to stress
- Embracing your unique diversity

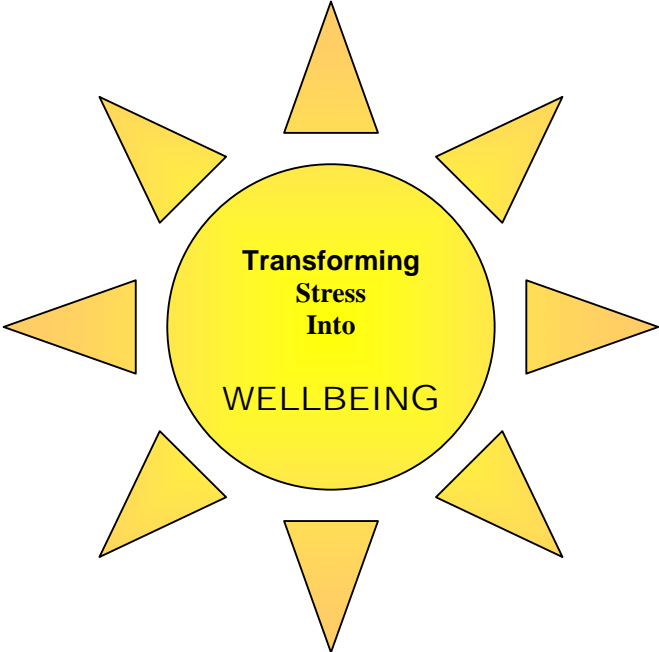
TEAM

- Reducing group conflict.
Understanding each other's stressors.
- Increase innovative and creative problem solving.
- Building team co-operatively and caringly

UNDERSTANDING STRESS AND WELLBEING:
The Energetic Difference Between What We Want And What We Do Not Want

HOLISTIC ENERGY ASSESSMENTS & COUNSELING
By
Dr Buys

TOOLS TO CREATE WELLBEING:
Aromatherapy
Music & Toning
Pet therapy
Relaxation
Breathing
Massage: DIY
Thought Control
Soul Therapy
Dancing
Energising your drinking water



THE ICEBERG SYNDROME:
Conscious patterns.
Unconscious behaviour.
Ancestral imprints on our DNA
Self awareness on how to change these patterns

MASSAGE
Individual
Neck, Shoulder,
Hand Massage
by international expert

INTAKE & OUTPUT
Diet, nutrients,
supplements

ENERGY SYSTEMS:
Cell disturbance due to stress
The effect of our DNA on our daily lives.

