

# Change Starts with Me

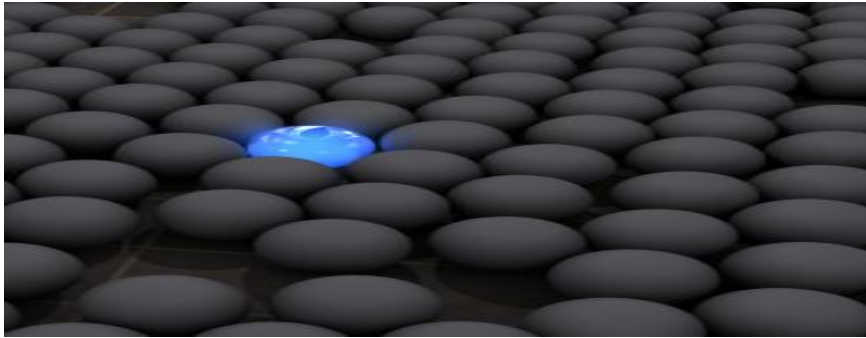
*"When we are no longer able to change a situation, we are challenged to change ourselves"* **Victor Frankel**



"FINDING YOUR WAY FORWARD"

[www.gavincoetzee.co.za](http://www.gavincoetzee.co.za)

Gavin Coetzee and Associates is running their popular **Change Starts With Me** Programme again in all major centres



**Change Starts with Me** is an experiential process designed to inspire individuals to take meaningful action to bring about changes in the way they think and their attitude towards their results. It brings about profound changes in the way individuals see themselves and others. Changing our beliefs, attitudes, behavior and results are key objectives and outcomes of this personal learning process. The process equips the participants with the necessary tools and techniques to achieve the key objectives and outcomes

**Change Starts with Me** therefore explores five core concepts:

- Self-esteem
- Belief systems
- Attitudes
- Behaviours
- Results

## Target Audience

This challenging and interactive 5-day workshop, spread over three months, is aimed at any staff member or individual who has a strong desire to understand themselves and challenge themselves to:

- Move beyond your current level or role
- Broaden your perspectives
- Re-examine your attitude
- Create new habits and paths within your career and lives
- Build or refresh relationships

## Programme Structure and Learning Outcomes

A 5 day experiential workshop in groups of up to 12 people to ensure that everyone gets maximum benefit from the experience. The workshop is divided into Phase 1 (2 days); approximately 4-6 weeks later, Phase 2 (2 days); approximately a month later, Phase 3 (1 day)

Participants will maximize their benefit by being in a follow up programme that enables them to reflect on their new learnings and how they are affecting their behavior, performance and relationships

## Dates and Venues for Phase 1:

### Cape Town Southern Suburbs:

21st & 22<sup>nd</sup> May 2013  
Highlands Country House,  
Kenilworth.

### Cape Town Northern Suburbs:

4<sup>th</sup> & 5<sup>th</sup> June 2013  
Lagoon Beach Hotel,  
Milnerton

### Johannesburg:

19<sup>th</sup> & 20<sup>th</sup> June  
Melrose Place

### Durban:

4<sup>th</sup> & 5<sup>th</sup> July 2013  
St Anne's Guesthouse  
Berea

## Duration

5 days over three months  
Phase 1: 2 days  
Phase 2: 2 days  
Phase 3: 1 day

## Please contact

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Change your thoughts  
to change your life



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## Learning Outcomes

On completion of the course, participants can experience:

- New insights and direction in their lives
- Increased self confidence
- Taking more responsibility in their lives
- Increased motivation both personally and professionally
- Better knowledge of self
- Greater understanding of each other (in a team)
- Higher self-belief
- Greater ability to connect and form relationships with others whilst improving existing relationships due to better understanding of self and others
- The ability to manage self better
- Sorting one's challenges out (task and relationship)
- Feeling organized
- Clear plans for the future (personal and business)
- Identifying new ways of doing things
- Tools you can use in all walks of life

## Programme Structure

### Phase 1: Two Days

- Building a positive attitude
- How to increase self-awareness, acknowledge and own one's habits and behaviours
- How to engage in constructive conversations
- Practicing giving and receiving feedback
- Examining and amending undermining self talk
- Practise positive reinforcement
- Tools for building a new way of being that will produce the results that you want
- Creating goals and plans for a balanced existence

### Phase 2: Two Days

- Revisit goals, assess progress and receive coaching on progress toward desired results
- Designing your personal philosophy on how you want to live your life
- Examining habits and unhelpful patterns of behavior and committing to a new way of being
- Research into emerging themes in your life
- Boundary management :
  - How to assert your boundaries including saying No and asking for help and receiving tools to manage your boundaries

## Delegate Feedback

"This will not only help me on a professional level but also personally"

"I took away the power of affirmations and that we are all vulnerable and fight our own demons."

"I enjoyed learning how to create boundaries in my life most."

"I learned to look deep within myself and find truth."

"I came to see that there are things I need to change in order to better equip myself to deal with situations."

"I learned that there is the possibility of other options out there for me!"

## Your facilitator



**Gavin Coetzee**

[www.gavincoetzee.co.za](http://www.gavincoetzee.co.za)

*"Change your thoughts and you change your world"* **Norman Vincent Peale**

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## Phase 3: One day

- Building a personal value system that supports your philosophy
- An audit of your relationships –which are working/not working
- Deciding how to run and manage all relationships going forward in a more productive way using all of the tools learnt
- Finalising accountabilities and personal plans to navigate successfully and sustainably into the future

## Learning Experience

This process is facilitated in a relaxed, safe environment by an expert who is an executive/life coach with over 300 hours of coaching and who has a psychology background, and who has gone through major changes himself in reshaping his own life. He shares these experiences with the participants and demonstrates how he has used the tools himself to bring about new realities in his own human experience.

Gavin's emphasis is on reflection and then practical interaction application to bring about the desired results, enabling the delegate to get the most out of this opportunity.

Some delegates have shared what has changed for them since they attended Change Starts With Me last year:

*"Before **Change Starts with Me**, I felt like I was swimming in a large pool with no entries or exits...just swimming. After **Change Starts with Me**, I feel as though I can dive in and out of the pool whenever I choose. Life has become clearer, more focused. I am able to make conscious decisions, I feel less directionless and more in control. This was the best course I have ever done. My colleagues and I often talk about this course, and how we have all grown and benefited from it. It has honestly changed my life."* CB

*"One of the most profound realisations I had some months after **Change Starts With Me**", was in looking back and realising that the goals that I had set myself on the workshop were already achieved – there is such power in this work and I feel that every area that I wanted to shift in my life when I went on the course has changed – some in ways way beyond my expectations. I highly recommend this for anyone who wants to make their life work better!"* KC



## Feedback about the Facilitator

"Thanks for the energy and the power. You are great!"

"Time well kept – facilitated in a manner that was effective and engaged with everyone."

"Well done, these past two days were powerful and thought provoking."

"Inspirational speaker who motivates you all the way."

"You are brilliant at what you do – unique approach and very effective; thanks for sharing so much of yourself and making me feel comfortable to share of myself"

## Costs:

Price: R9 500.00

## Early Bird discount:

R8 550.00 (10% discount) payable by 22 April 2013

To Book: Email [kim@gavincoetzee.co.za](mailto:kim@gavincoetzee.co.za) for registration details