

CATALYST

Ready to take the next step to a more fulfilling life?

Catalyst transforms the latest adult education and leadership research into a powerful and life-changing program!



Sept-Oct Course Dates:

Thursday 7-10pm 30th Sept

Friday 7-10 pm 1st Oct

Saturday 9-7pm 2nd Oct

Sunday 9-7pm 3rd Oct

Thursday 7-10pm 7th Oct

Thursday 7-10pm 14th Oct

Cost:

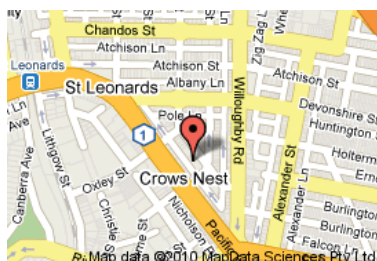
\$1,170 (including GST)

Early Bird Offer: \$995

(payment before 9th Sept)

Venue:

Awareness Institute Centre
Suite 1/ 20 Clarke St
Crows Nest NSW 2065



Catalyst is an innovative program designed to increase your peak performance and personal well-being. Our aim is to support you in connecting with your 'element' – to find the driving force and passion that provides meaning and inspiration in your life.

On **CATALYST** you will:

- Discover ways to build and sustain the capacity for improving the quality of your day to day life
- Practice ways to build healthy brain function
- Get clear on just what it is about you that can make the most meaningful and successful contribution to your relationships, work and personal life
- Develop strategies for self reflection and for setting goals that get results
- Practice methods of communication with empathy and rapport
- Learn how to meditate and sustain well-being
- Gain an understanding of your own leadership path

Catalyst is a unique combination of leadership, adult education and life skills training. Our course draws on validated research into positive psychology, healthy brain function and leadership development to help you create greater success in all aspects of your life.

What previous participants have said about CATALYST

"As a Corporate Change Consultant I loved the practical skills and leadership focus."

"I've spent years feeling like I'm not good enough, now I know I can make a difference."

"Catalyst takes the next step in the development of personal and corporate programs – by connecting the best of both."

For more information go to www.circumference.net.au or ph 1300 969 943



Circumference

Personal and Organisational Evolution

About the Facilitators . . .

Robert Meredith



- Over 25 years national and international experience as a facilitator of Corporate and Personal Education courses
- Leader of the British Meditation Society
- One of the first teachers to facilitate Corporate and Personal Education Courses in Australia
- Director of Conscious Trekking
- Facilitator of Presenting With Presence, Writing With Soul, Meditation Retreat, Corporate Catalyst, Leadership and Emotional Intelligence

"I have always been driven by a desire to make the most of who we are and what we've been given in body, mind and spirit. I have also aspired to higher levels of consciousness through years of meditation and spiritual enquiry, and have used this knowledge to design programs for personal growth and effectiveness in corporate life."

Shanti Clements



- Over 17 years facilitation experience
- Honorary Associate with the University of Sydney
- Principal of a Sydney school
- Researcher and writer on Educational Leadership
- Author of two books
- Facilitator on Writing With Soul, Vision Quest, Presenting With Presence and Catalyst

"I am committed to developing and facilitating programs that support our course participants and corporate clients in achieving greater success and fulfilment in their personal and professional lives."

More comments from course participants . . .

"I found my voice and my passion. I found my 'authentic swing'."

*"I enjoyed the creativity and goal setting tasks on the program
- I feel like I have the concrete skills to manage and
plan my life better."*

*"I learned so much from the coaching skills night. I have learned
better ways to action on my daily and bigger picture goals."*

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