Personal Harmony For Groups/Teams Facilitating Powerful Values-Based Coaching For Groups/Teams

Level 1 & 2 Program Introduction



Personal Harmony

"Happiness is when what you think, what you say, and what you do are in harmony" Gandhi

If you don't have harmony, your values are not working together harmoniously creating the right foundation for growth and peace. Instead, you compromise yourself when you're not in alignment with what you want, saying: "I'm fine" and not acting in accord with your truth. For example, continuing with a decision you know deep down is wrong and compromising your values for a short-term gain.

If you don't respect yourself enough to live to your values, no one else will respect, appreciate and value you either.

Powerful insight for meaningful results

In this Personal Harmony group values program, you are given the vehicle to do something about the fact that you're not living in alignment with your values because as a result, you will be in disharmony and conflict. This means you will have a problem saying what you want and going for what you want.

Very few people are honest enough without the truth of this being exposed and being supported to change - they self justify. Not many people are self honest enough to say: "I'm not happy here, I'm not fulfilled or even satisfied." They don't see the long term cost of their choices and actions, and what can be.

This tool identifies the cost of inaction, the impact of a change in approach, and gives a measure to see how the change effects overall growth. **Once you see how much can change for you, then real progress starts.**



Values gaps - the gaps between what you think, what you say and what you do, may be covered up for a while but they will create disharmony and conflict within you and with those around you. To enjoy growing, thriving and feeling harmony within yourself and with the larger world you operate in, despite challenges, stress and change, we help you diagnose and close your gaps.

Joining a group for this values program:

- 1. Diagnoses what really matters to you and if these values are what you place value on;
- 2. Provides a powerful and meaningful values' set for growth and harmony;
- 3. Exposes critical values gaps creating disharmony and conflict within you and how you relate to others;
- 4. Assists you to close these values gaps to create harmony within you and with your environment.

Want Personal Harmony, Despite Stress Difficulties and Change?

Before you start, you will do two questionnaires which only take approximately 25-minutes to complete. A comprehensive evaluation with summaries, graphs and percentage results showing your values gaps which create disharmony in you and in how you relate to others and explaining how to resolve these gaps is immediately sent to your facilitator. Combined with your participation in this group program, this evaluation will bring new light, hope and harmony to the way you live your life.

"Your values become your destiny" Gandhi

Level 1 - Personal Harmony

Level 1 measures, explores and develops 11 values for personal harmony. Level 1 allows you to understand your life through the prism of 11 values and how these values impact your personal harmony. It gives you a broader perspective of yourself and where you fit with those around you. Your evaluation will reveal your values gaps and how to move past your fears, self-limiting beliefs and old habits. This assists alignment between what you think, say and do for greater harmony, peace and happiness.

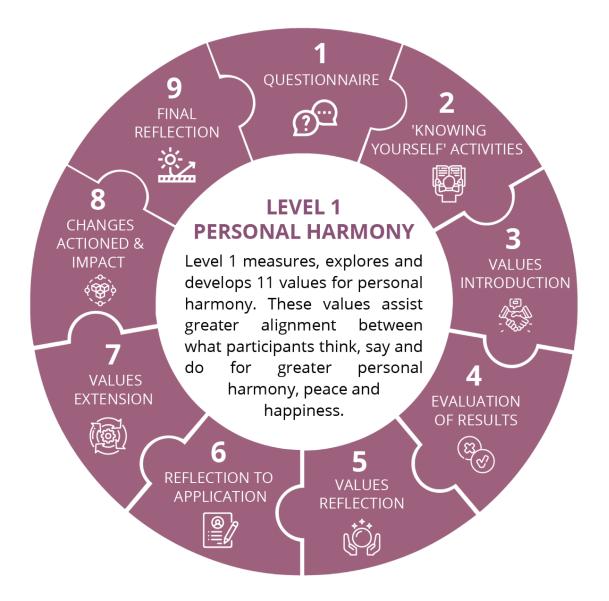
Level 2 - Harmony With Your Environment

Level 2 measures, explores and develops 11 values for harmony with your environment. Level 2 explains in detail the difficulties you are having in your life overall, as well as in each area of your life. It is deeply analytical and answers the question of 'why' these difficulties are happening. The more you apply the level 2 values, the less disharmony and conflict you will experience and the greater your feelings of harmony and energy will be as you understand yourself better and feel better understood.

Understanding the impact of the importance you currently place on these values and how often you compromise these values fosters a greater prioritization of positive values. You will appreciate how living in alignment with these values will help you positively stand out from the crowd, yet still foster your ability to work with and interact well with others.

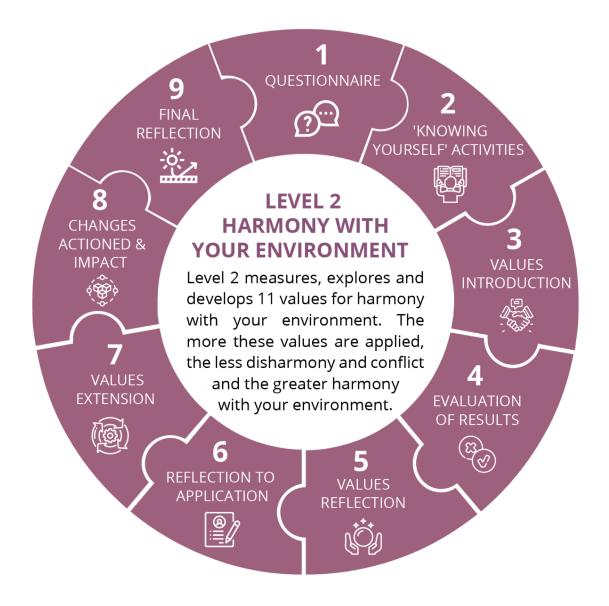


LEVEL 1 OUTLINE





LEVEL 2 OUTLINE





11 VALUES FOR PERSONAL HARMONY

Level 1 gives you the roadmap to close values gaps for personal harmony.

11. SELF-BELIEF

The belief that you are worthy of giving yourself the opportunity to grow. An inability to give yourself this opportunity will doom you to mediocrity.

10. CHOICE

The right to make decisions concerning matters fundamental to your personal growth. Every person's basic right is to make such choices. Failure to take up this right will alienate you from those who do take it up.

9. HONESTY

The ability to express your truth. Honesty is rarely rewarded, yet it is the most important way to evaluate a person's growth.

8. FEAR

Indecisiveness over an anticipated outcome. Becoming decisive will not by itself rid you of fear but will allow you to discover that whatever life brings, you are equipped to deal with it.

1. CONFRONTING NEGATIVE PATTERNS

Life happens in patterns that only change when a person learns what they are teaching them. Avoidance of this leads to a wasted and non worthwhile life.



2. GROWTH

The application of values and principles into your daily existence. The more these values are applied, the more personal growth you will experience in your life.

3. EQUALITY

Acceptance that all individuals have equal worth. The application or non-application of this value will affect your beliefs and how you lead your life.

4. ACCOUNTABILITY

Every action of every person has a reaction for which you are accountable. Growth as a person cannot take place if you do not take responsibility for your own actions (i.e. blame).

5. JUDGEMENT

The expectation of others that they will subscribe to your values and if they don't, you deem them to be wrong. In deeming them to be wrong you are applying a negative state or energy to them being wrong. This means that in being wrong you are critical of them. It is this criticism where the judgement lays.

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Personal Harmony

The belief that other people exist to support you and/or your belief systems. Where you do not get the balance of this concept right, you will be difficult, if not impossible, to be in partnership with.

7. EGO



The recognition of the connectivity of all people and things. In being unselfish, a person is of particular help to others who are struggling at a point in time.



11 VALUES FOR HARMONY WITH YOUR ENVIRONMENT

Level 2 gives you the roadmap to close values gaps for harmony with your environment.

11. NEED FOR DEEPER MEANING

The need for deeper connections with people that fulfil them as a person. They will have spent considerable time understanding their relationships with people and their future needs.

10. IDEALISM

A belief that doing what is right is more important than compromise just to satisfy the needs of others.

9. CONCERN FOR YOUR ENVIRONMENT

People demonstrate their selflessness through acting out of care and concern for issues beyond those that just affect them.

8. PASSION

Passionate people inspire action and outcomes and confront those who avoid.

7. BEING EXPRESSIVE

The ability to express and reciprocate to others, usually feelings of good will.

1. CHARACTER

That which makes a person believe that they are right or wrong and to act it out accordingly.

Harmony With

Your Environment

6. HEALTH

The state of a person as a

result of the physical and

emotional conditions in that

person's life.



The ability to think, act and grow of your own accord without an undue reliance upon others.

3. WISDOM

The state of what a person knows from what they have learned over time.

4. ADAPTABILITY

Overcoming the need to repeat habit-based behaviour i.e. characteristics or traits of a person repeated without conscious thought and with little accord to the situation in which they are used.

5. HONEST EFFECTIVE COMMUNICATION

The ability to express thoughts, feelings, needs and wants and match words to actions, other than in an angry way, whilst recognising that those needs change and need to be re-expressed.

