

Personal Harmony For Groups/Teams

Facilitating Powerful Values-Based Coaching For Groups/Teams

Level 1 & 2 Program Introduction



Personal Harmony

Facilitating meaningful values-based change

“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.**



Facilitating meaningful values-based change

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.

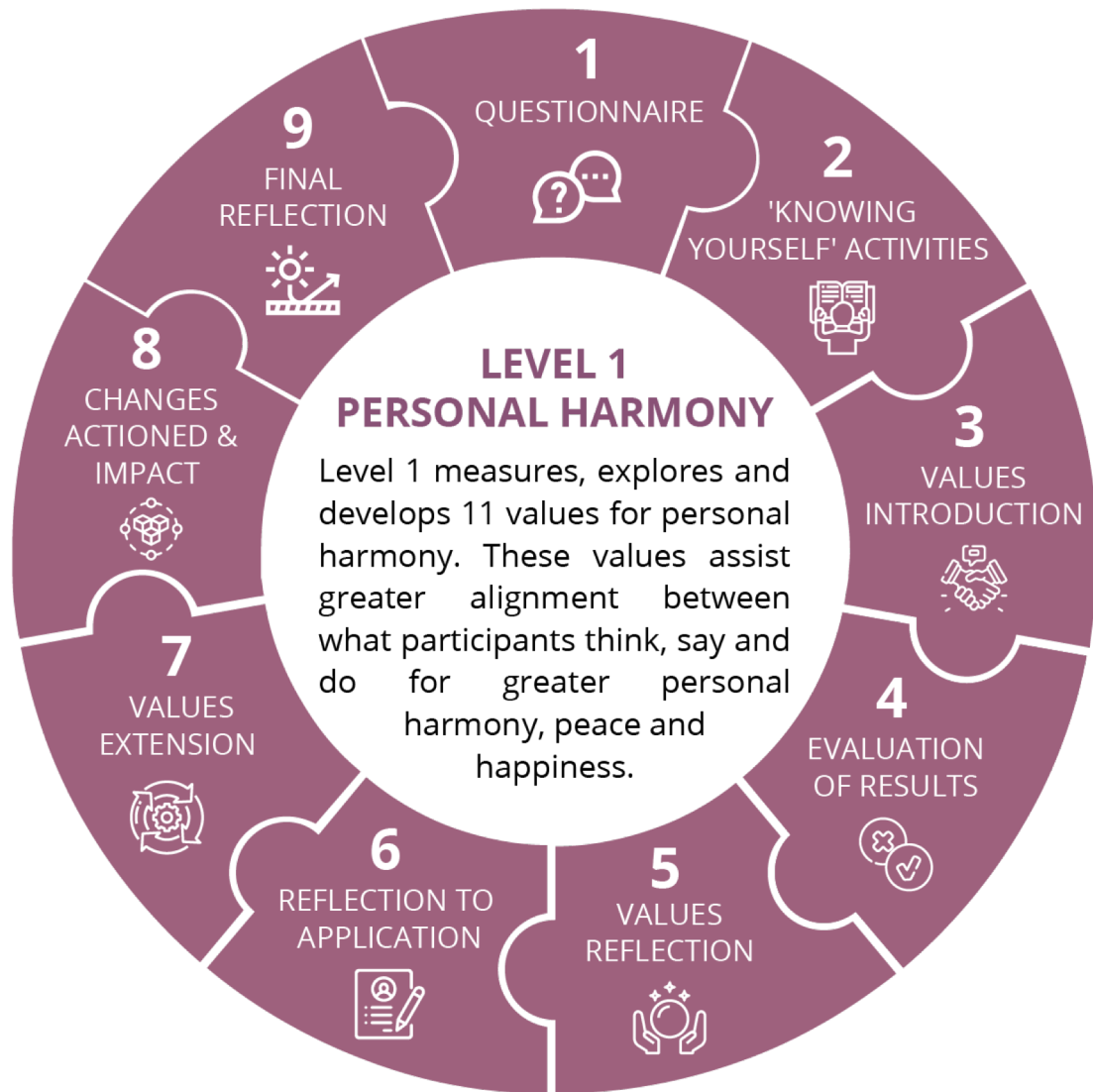
Level 2 - Harmony With Your Environment

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

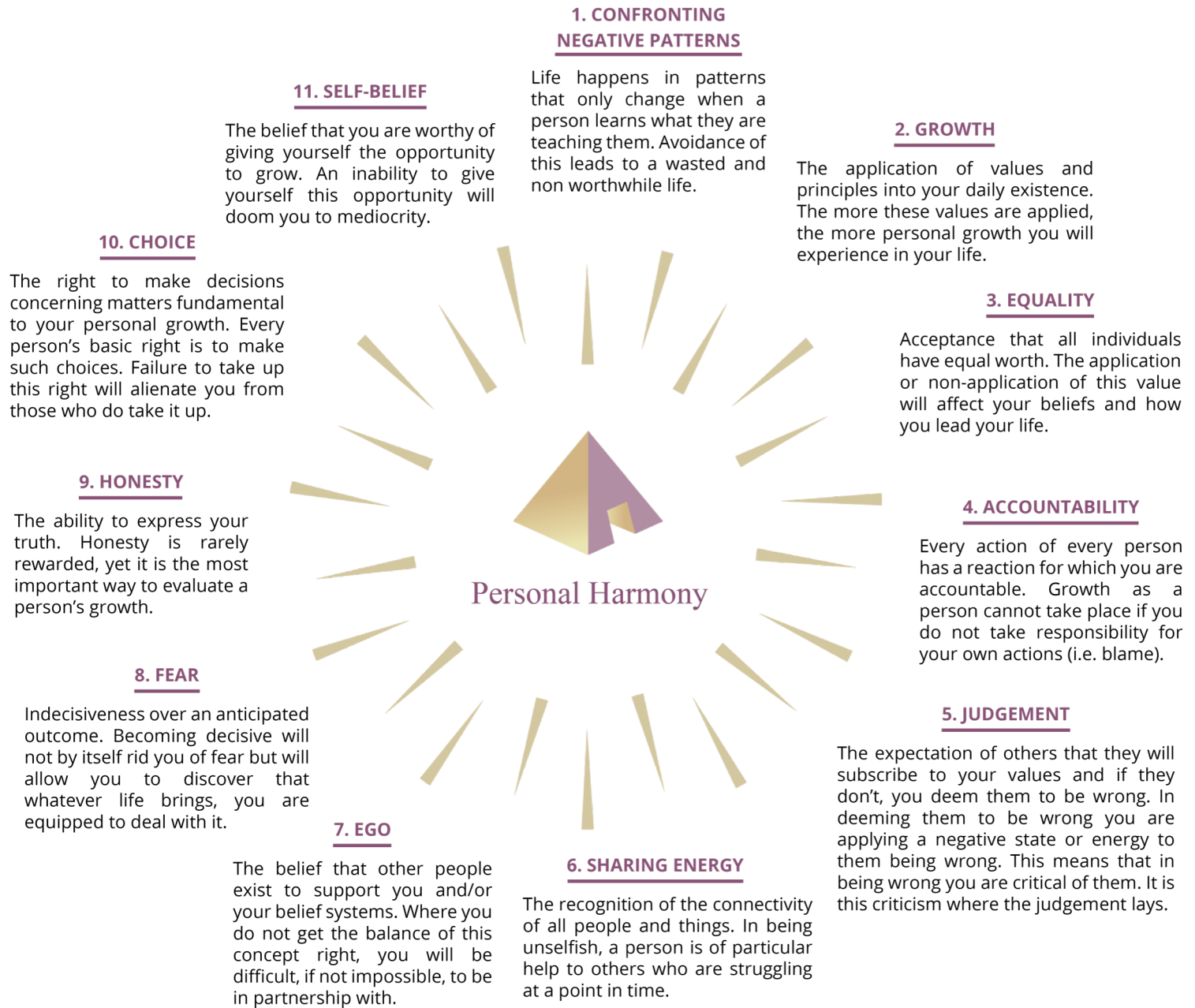


LEVEL 2 OUTLINE



11 VALUES FOR PERSONAL HARMONY

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



11 VALUES FOR HARMONY WITH YOUR ENVIRONMENT

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

