

“Enhancing Personal Effectiveness through Mastery of Selves” Workshop

You, like everyone around you, are on a journey of seeking success and happiness in your life. Often, however, there seems to be a part of your personality that is unknown to you and without you being aware of it getting in the way of what you want.

This workshop will introduce a powerful tool called "Voice Dialogue" which can help you gain awareness of the selves that run your life as well as those hidden selves which exist suppressed within your psyche and which secretly control your life.

Voice Dialogue was originally developed in the United States in the early 1970s by two doctors of psychology, Dr Hal Stone and his wife, Dr Sidra Stone. Voice Dialogue is now widely practiced throughout the U.S.A., Europe and Australia and applied in the fields of personal growth, psychotherapy, coaching as well as business training and development.

According to Hal & Sidra Stone, we are made up of many selves. Each of these selves is like an actual person living inside us. How we will behave in any particular situation will depend on the self that is in charge at that moment.

The existence of many selves makes life both rich and challenging. If we do not realize that there are many, many aspects of "our-self", then we do not appreciate why we change so often in everyday experience. Why can we be so loving and yet so cruel, so wise and yet so ignorant, so caring and yet so distant? Only by appreciating that we have developing a range of personalities which all manifest at some time or other, can we embrace all of who we are.

Awareness of the varied selves within you and how they are affecting your relationships, career, financial well-being, and sense of self, is an important key to creating the life you desire and attaining a sense of personal fulfillment.

This 2-day lively workshop will be didactic and experiential. The contents will include:

- The many selves within us
- Our primary selves
- Our hidden selves
- Enhancing our personal effectiveness through development of the Aware Ego
- The art of communicating with the different selves within