

Personal Excellence

CONTENT

Who am I?

Getting to know ourselves and others. Discovering who we are by finding out who others are.

What do I aspire to?

What all human beings aspire to. What we truly admire in others and what we want for ourselves has the same source.

What are my Values?

The difference between values and needs driven behaviour. The affect on one's life of acting in accordance with one's values.

Transactional Correctness

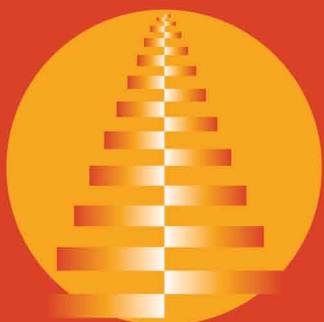
The inner qualities that make values driven behaviour possible.

The significance of Gratitude and how to achieve it

The most important work to be done, next to a commitment to values, is to transmute resentment into gratitude. How to cultivate gratitude in our lives.

So who am I?

Our pasts do not tell us who we are, we tell ourselves about our past. We are whoever we choose to be.



PERSONAL MASTERY

THE PROGRAMME

The aim of the programme is to develop personal mastery; to grow as a human being. The programme assumes that there is a core variable which accounts for success at the job of being human which is one's intent. The programme therefore provides a framework for participants to explore and develop their own intent.

The programme consists of six modules of ± 2 hours duration. The modules can be run consecutively with no more than three modules being done on one day or over a period of time, with no less than a single module being delivered once a week.

In **Module 1: Who am I?** – it becomes apparent that we have far more in common than we have differences. The core issues which confront all human beings are the same.

In **Module 2: What do I aspire to?** – participants discover that all which we aspire to as human beings is within our grasp. All that is required is to engage each moment that we are in on the basis of what we are willing to give or contribute rather than what we want to get.

In **Module 3: What are my values?** – participants learn to distinguish between needs and values-driven behaviour. They determine the values that they will personally commit to.

In **Module 4: Transactional correctness** – participants learn the mutually enabling effect of inner and outer correctness as well as the inverse. They discover that in order to be values driven, to do the right thing, they need to learn to see things as they are.

In **Module 5: Gratitude** – participants learn that next to a commitment to values, the most important work to be done as human beings is to cultivate gratitude in our lives. They are provided with tools to enable them to do so.

In **Module 6: So who am I?** – participants rewrite their biography and determine what they choose to be in the future.