

1 ½ Day

Emotional Fitness!™



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“For the one that has conquered the mind, the mind is the best of friends. But for one who has failed to do so, his very mind will be the greatest enemy.”

-Bhagavad-Gita

EXTRAORDINARY TIMES CALL FOR EXTRAORDINARY TRAININGS!®

Emotional Fitness!™

This is a hands-on workshop designed to increase your confidence and explore your self-development in an incredible, concentrated 1 ½ day of intense and fun learning. It will bring about positive and permanent shifts in the quality of your life. These shifts are the direct cause for a new and unique kind of freedom and power. A great event to revolutionize your communication, your emotions, your relationships, your focus and your goals; in other words: Your Life!

A high feeling of self-worth is central to fulfillment and success in many aspects of our lives. During **Emotional Fitness!™** you will learn how to be more successful instantly by realizing that you are your own inner-critic and by reversing your limiting beliefs. You will take charge of your life and take responsibility for your goals by breaking free of the negative beliefs and choosing a more positive and pro-active mindset.

This seminar will be like a mirror that reflects the true you! You will learn more about yourself in this 1 ½ days than you possibly ever knew. This seminar is ideal for the individual that is on a quest of self discovery or for couples who desire to build a stronger understanding for each other.

We often think of ourselves as open-minded and objective individuals, however, our approach to ourselves, others and the circumstances in which we live, is nearly always influenced by pre-existing notions and ideas – by our upbringing, religion, education, culture, media, our values and our past experiences.

Realizing these influences for what they are and becoming aware of the limitations that they can impose, allows for refreshing freedom. Circumstances, people, and our approach to ourselves and life will alter dramatically.

Determination

Compassion

Certainty

Inner Strength

Fulfillment

Open Seminar

Emotional Fitness!™



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Format

This is by no means a sit down and listen seminar. This seminar will be one of the most emotional and heart warming experiences that you ever had.

In a small and intimate group you will discover how to master your emotions. You will easily learn to replicate life changing concepts.

We use high impact visuals, audio and interactive activities that will deepen the impact and make the transfer of knowledge more powerful and long lasting.

You owe it to yourself to participate in this seminar!

Would you like to know why you do the things you do sometimes?

By understanding the four different thinking styles, you will not only get to know yourself much better, you'll be able to understand and communicate better with your family members, friends, colleagues, customers; in others words with all people that cross your path. By understanding this fun and easy tool you will be able to drastically improve your communications skills and enhance your relationships.

After completing **Emotional Fitness™** you will be able to put into practice the skills you need to **expand your own self-esteem, to release self-imposed limits, to overcome fear and realize you own potential.** You will discover that you are capable of achieving far more than you thought possible. You will feel confident, focused, motivated and certain to take control of your life in many aspects. You will gain understanding and mastery of your own emotions!



What will I learn in this seminar?

- How to decipher the messages your emotions give you and the true meaning of them
- The four different thinking styles
- The power of language, focus & state
- How to conquer your fears
- How to put an end to most of your negative feelings
- Becoming Emotionally Intelligent
- How to boost your confidence and raise your self-esteem
- How to enhance your communication and interpersonal skills
- How to build outstanding relationships

“What would you attempt to do if you knew you could not fail?”

-Dr. Robert Schuler

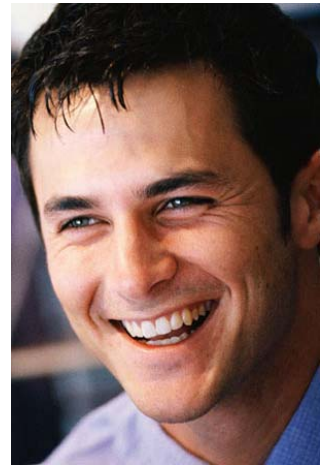
This seminar has been a milestone in the lives of many people. Do not let this opportunity pass you by and sign up as a participant!

Emotional Fitness!™ workshops are held in locations throughout the world for a limited amount of participants. For immediate response to your questions and for further information contact us at:

**seminars@entertrainingmail.com
www.entertrainingetc.com**

Tel. +31- 20 - 44 222 11

Fax. +31- 20 - 44 220 55



“Change your thoughts and you change your world.”

-Norman Vincent Peale