



Innergise - an inspirational personal development program that exercises hidden potential.

For three and a half hours per week for five weeks, attendees explore a series of proven processes to develop their ability to achieve beyond their expectations, both in business and in their personal lives.

Program Objectives

To empower people to achieve and sustain high performance through the development of their emotional, physical and mental *innergies*:

Emotional Innergy

- Build self-confidence
- Develop a personal purpose and vision
- Maintain a positive attitude and optimism

Physical Innergy

- Achieve optimum vitality
- Live a well balanced life
- Maintain discipline during periods of stress

Mental Innergy

- Present with passion and influence
- Communicate to achieve results
- Take assertive decisions and actions

Content Overview

Session 1: The Power of Purpose

- Developing positive attitudes
- Establishing compelling goals
- Motivating ourselves to perform

Session 2: Something Ventured, Something Gained

- Nurturing confidence
- Expanding our comfort zones
- Presenting with conviction

Session 3: Personal Symmetry

- Living a well balanced life
- Underpinning our lifestyle choices
- Maintaining optimum health

Session 4: Mind Your Affairs

- Building effective relationships
- Motivating others to perform
- Developing team dynamics

Session 5: Two Steps forward ... no steps back!

- Defying the impact of stress
- Remaining on track
- Assigning future intentions