

THE ROAD
TO YOUR
DREAMS
STARTS
HERE.

Personal Development: Discovery & Breakthrough

The pre-requisite for 100 days of Leadership Legacy

Personal Development is the pre-requisite for attending ChoiceCenter's Leadership Legacy course that provides you with a personal coach for 100 days to achieve goals you create. Personal Development is a 9-day training delivered in two parts called Discovery and Breakthrough.

DISCOVERY WORKSHOP

Discovery provides you with a unique opportunity to stop and take inventory of your life. Within the 5-day workshop (three evenings and two full days), you step outside your everyday routine and explore where you've been, where you are, and where you want to be.

Discovery is founded on the principle that each of us is capable of achieving all of the success and fulfillment we dream of. What holds us back is not a lack of ability or motivation, but beliefs about ourselves that are negative or limiting. Boxed in, we repeat old self-defeating patterns. In Discovery, you become aware of your belief systems, and free yourself from self-imposed limitations - the stories you make up about why you cannot have, be or do things you say you want. As you deal with these obstacles, you'll expand your sense of control and responsibility for your life and your choices. You'll gain a new willingness to take risks and to commit through action. With a renewed sense of personal power, you will be more effective personally and professionally.

Discovery is a place for re-connecting with who you truly are. The course is structured to assist you in peeling away layers of shyness, indifference, or cynicism which may separate or isolate you from others. As you let down your walls, you rediscover your natural sense of enthusiasm, confidence, optimism, and self-esteem. You'll find yourself able to connect with people at a deeper, more meaningful level, and to give and receive love freely. By the end of the 5-day Discovery workshop, you will experience a profound sense of coming home to yourself - of true inner peace and harmony.

BREAKTHROUGH WORKSHOP

Breakthrough is an intense, challenging experience for people who want to break through to a new level of success in every area of their lives. While the emphasis in Discovery is on

awareness, Breakthrough focuses on action and results. Throughout the course, you'll be supported in stretching yourself beyond what you believe are your current limits. As you succeed, you'll discover that you are capable of far more than you dream possible. You'll tap into an inner reservoir of energy and vitality that comes with giving 100 percent of yourself.

An underlying principle of Breakthrough is that life works when we make the choice to be fully responsible for our actions and experiences. Breakthrough empowers us to realize that life is truly our own creation, that we are the cause rather than the effect of circumstances. In being fully responsible, we reclaim our personal power, freeing ourselves from the resentment and helplessness that come with blaming and feeling victimized. The result is a lasting sense of self-confidence that we can bring to every area of our lives.

Breakthrough also provides us with opportunities for letting go of the past. As the training unfolds, we may recognize past experiences and decisions we made that continue to block our chances for success and fulfillment. In releasing old feelings of anger, sadness, disappointment, or guilt, we can see the past clearly, and separate ourselves from it. The barriers that have prevented us from experiencing joy and contentment dissolve. We are free to live fully in the present, experiencing each moment, open and available.

Within the four full days of Breakthrough, there is time to reaffirm your authentic path in life. Time to re-establish trust in your ability to accomplish whatever you set your heart and mind to. And time to embrace who it is that you truly want to be. Breakthrough is hard work - and unbelievably rewarding. It's no less than an opportunity to reconnect with your passion for living every moment of your life to the fullest. Your participation in Breakthrough prepares you for success in ChoiceCenter's second level of life-changing personal and professional development curriculum: Leadership Legacy.

Personal Development is designed to support you to identify obstacles that have kept you from success in the past, and give you the tools to renavigate the road to success. Business skills expansion. Deeper relationships. Greater self-confidence. Clarity. Focus. Personal power. You'll discover them all.


LIVE YOUR BEST LIFE. **START TODAY.**