

ESI® Certificate Level Course

'The Many Parts of You'®

Understanding the Puzzle of Your Behaviour

Are you satisfied with your performance?

Chances are, you're not. Maybe you want to be thinner, stronger, healthier, smarter, wealthier, more disciplined, buy a nicer home, be a better mum, dad, partner, etc. From a business perspective, maybe you want to be more creative, innovative, productive, efficient, profitable, etc.

Because you're not quite satisfied (and probably in more than one area) you're probably pushing yourself hard to get better. You talk about it, say you will, put your mind to it, write it down and post it on the computer screen ...

And then don't!

So why, when there is a part of you that knows exactly what to do and how to do it, in order to achieve success?

The answer is that there are other parts of you that simply 'get in the way'.

How can you identify supportive parts and place them into active roles, so that the inhibiting parts stay non active? The answer is **ESI®**.

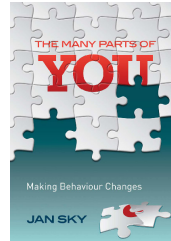
ESI® has been developed from Ego State Personality Theory which comes from the work of Freud and Federn, and is based on the premise that a personality is composed of separate parts, rather than being a homogenous whole. These parts (which everyone has) are called states. The state that is conscious and overt at any time is referred to as the 'executive state'.

ESI® allows you to recognise the executive states from which you behave, and will uncover inhibiting states that are sometimes executive, thus preventing you from achieving your goals at times.

ESI® is new, unique to every individual and works to create an *understanding of the puzzle of our behaviour*.

YOUR FACILITATOR: Jan Sky

Jan is the author of *The Many Parts of You*. She is an author, coach, corporate trainer and creator of **ESI®**. She is passionate about developing people to their full potential and will teach you how to find and understand the many parts that make up who you are.



CERTIFICATE LEVEL WORKSHOP

DATE: 14/7 or 22/9 2010

TIME: 9.30am – 4.30pm

VENUE: Sydney

INVESTMENT: \$330

EARLY BIRD: Booked and paid for one week prior to course commencement.

[Includes morning & afternoon tea, workbook, tons of practice and certificate of completion]

BENEFITS TO YOU

- Identify the many parts of you to understand the puzzle of your behaviour
- Develop your own state map
- Develop a state map for others
- Re-arrange states from executive to non executive and vice versa!
- Discover how to create a more harmonious workplace, home or family lifestyle
- Achieve what you are meant to achieve by making small internal adjustments
- Write your goal plan

ESI® has worked for hundreds of people and can work for you too. Be amazed by the many case studies Jan will share with you and become a success story yourself.



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ESI® CERTIFICATE LEVEL COURSE

To enrol send the completed application form and payment to:

Jan Sky – PO Box 27 Caringbah 2229 NSW Australia
Or email: jan@skytraining.com.au

Methods of payment: Direct bank deposit / Cheque / Credit Card

NAME: PHONE:

ADDRESS:

..... P/CODE:

EMAIL:

COMPANY: POSITION:

COURSE: COURSE DATE:

I would like to complete the **ESI®** Certificate Level Course because:

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MY METHOD OF PAYMENT: Visa Mastercard

Card Account Number: _____

Cardholder's Name: Expiry Date: ____ / ____

Signature:

Cheque: \$..... (please make payable to **Sky training**)

Direct deposit: BSB 124 001 / Acc No. 20477220 / **Sky training**

Sky training ABN: 41 197 717 694

INVESTMENT: \$330.00 per person

**EARLY BIRD: Register and pay one week prior to course for just
\$250 per person**

NUMBERS LIMITED to maximum of 12 for personalisation

[All prices include gst – payments not processed until course date]



For further enquiries call: Phone: 1300 787 694 or Mobile: 0409 869 664