

ESI® Certificate Level Course



Unleash Your True Potential



Course Overview

This compelling one day training course will help you to uncover the barriers to your personal and business success through ESI – Executive State Identification. ESI is a progressive psycho-analytical tool essential for anyone wanting to gain a more intimate understanding of their behaviour and that of their co-workers, friends and family.

The ESI process will provide you with a clearer understanding of yourself and your actions in order to identify the behaviours that support your goals and those that inhibit your success.

ESI works on the theory that a personality is made up of separate parts, rather than a whole. Every mind is unique yet works in states and we can only operate in one state at a time, the current state is known as the Executive State. The session will guide you through the various states and help you to identify and move between the numerous states that you operate from during a given period or situation.

Once you are able to identify the supportive and helpful states you will want to harness their power and ensure they occupy active roles. During this training course you will obtain new levels of self awareness by exploring the strategies that identify positive executive states and discover the choices available to limit negative behaviour driven by anger, fear or resentment.

Who Should Attend

Anyone wishing to gain an in-depth understanding of themselves in order to achieve their goals and live a more harmonious life.

Learning Outcomes

Delegates will embark on a journey of self discovery in order to identify the factors that both support and inhibit your success. The session will help to uncover your inhibiting states that are sometimes executive. By understanding these key behavioural inhibitors and drivers you will discover how to create a more harmonious workplace, home and lifestyle when you re-arrange states from executive to non-executive and vice versa. During the session you will learn to develop a personal state map and maps for others.

Key Benefits

- Achieve your goals
- Realise your potential
- Increase self awareness
- Limit/remove negative behaviour
- Discover a more harmonious life
- Uncover factors limiting progress
- Stop wasting time and start achieving
- Harness supportive factors to drive results

More About Your Facilitator Jan Sky and ESI

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. ESI has been developed from the powerful Ego State Personality Theory which comes from the work of Freud and Federn.

Workshop Details

Workshop Date/s:	21 October 2010 Melbourne	Time	9:30am – 4:30pm
Venues:	Mental Health Foundation of Australia - 270 Church Street RICHMOND	Investment Special DVD workshop price:	\$195 prior to 17 September Otherwise \$225 (Normally \$330)

Don't Miss Out –

To enrol send the completed booking 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 DATE:

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** ABN: 41 197 717 694

INVESTMENT: \$195.00 per person – special conference price

NUMBERS LIMITED to maximum of 12 for personalisation

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