

# Self Mastery for Business and Life Modules

## 1. Performance Awareness

**Intro to Self Mastery in Business & Life.** Aspects - Imprints - Addictions & Habits.

Becoming self aware through knowing the triggers and beliefs that hinder. Tools to use to create better outcomes - in work & life.

## 2. Communication Management

Consciousness - Belief Systems - Emotions, Abundance - Relationships- Health and Wellbeing.

Learning tools to deal with conflict & finding balance. Dealing with indecision, replace fear of communication with positive behaviour.

## 3. Self Responsibility

Self Responsibility - Honour- Integrity, Intuition-Reason & Purpose.  
**Stopping the Blame Game**

Bring clarity on Self Responsibility. Stop blaming. Become connected to the 'bigger picture'. See your part in the company. Using your 'gut' knowing.

## 4. Change Management

Recap of Modules.  
Are we using the tools?  
Whats happening? Do we allow the changes.

Taking full ownership of self. Bring new concepts into life & business  
Look at where belief systems were holding you back. Where is the improvement?  
Personal follow up Sessions