

# Utilizing Your #1 Resource ...

A course in acquiring tools towards greater control, increased happiness  
& personal-mastery by understanding & unlocking personal potential

**WED 23<sup>rd</sup> JUN – 18h45 @ One Circle**

Bridgett Whyte will give a talk on...

**Utilizing your #1 Resource** for anyone interested in exploring their potential, there will be time for questions and open discussion. See below for full course details.



Bridgett Whyte is a registered Skills Development Facilitator with Service Seta and Tourism Seta who has managed people and various small businesses for the past 25 years. She has spent many years exploring the topics of potential and personal development. Seeking information regarding human capacity is her passion. Her mission is to assist individuals and organizations understand the limitless possibilities available within.

## Utilizing Your #1 Resource

provides tools to aid participants in using their minds in the best possible way. In a series of three, interactive presentations aimed at helping individuals tap their unknown abilities to instill greater confidence, motivation and effectiveness, leading to improved performance in all areas of life.

### Participants will learn:

- ❖ The importance of being aware of their thinking at all times
- ❖ How to change negative or limiting thoughts to positive empowering ones
- ❖ The connection between conscious breathing, thoughts, emotions, health, vitality & well being
- ❖ The importance of taking full responsibility in all areas of life and links to happiness & success
- ❖ To understand everything counts – whatever is put in to your mind or body has an impact
- ❖ How to use the gratitude attitude and the importance of giving

**Venue:** One Circle 85 Main Rd, Muizenberg  
**Duration:** Three, 3.5-hr sessions, over 3-weeks

Saturday's: 10, 17, 24 July 9h30-13h00 or:  
Tuesday's: 13, 20, 27 July 18h00-21h30

**R590.00 or R300 + 290 talents**  
– refund if not satisfied

**Info & bookings contact:**

**Bridgett - 082 579 1011**  
**021 789 0694**

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**Alternate dates & bursaries available**