

Personal Development

The most important investment you can make in life.

"The search for the meaning of life is a process of self-improvement."

Why is Personal Development so important?

Everyone would like to have an improved life and living circumstances, even when they don't want make any effort to get there. This may entail a better financial position, improved relations, enhanced abilities and talents, improved knowledge, or on a personal level - overcoming habits, addictions or behavioural problems, have a better job, home, or car; even a better body. All of these goals may temporarily improve the quality of your current experience of life and may contribute towards your own personal happiness. Personal development as a concept refers to activities that aim to achieve one or more of the following potentially objectives:



- To Identify the meaning of life and your purpose therein.
- Discover the steps towards victoriously living a life of peace, balance and significance.
- Finding answers to inner motivational and emotional blocks and to freely express your feelings
- Receiving guidance to overcome difficulties and obtain a better sustainable future.
- To connect with your authentic self (who and whatever that may be), and to touch again those hidden dreams, ignored aspirations and unexpressed passions.

There is off-course those who don't think they need to improve anything in their own lives. The thing is that if you don't improve - you think you will stay the same. However, if the world is changing and others are getting better, it really means that you are falling behind. When technology advance and you are still using a Pentium II (2 - 1995), computer, it would soon mean that you would not enjoy the benefits of having new communication technology at your disposal and would find yourself cut-off or dislocated from the main-stream of evolved interaction. The only constant in life is Change, it is like the wind forever moving, and when we are unwilling to face change, we will stagnate and die within. And then again there are those talented people who just live by default, hoping that something will happen one day that will change my world. They secretly hope that some day they will win the "Lotto" (without buying a ticket), or that someone will come and get them out of the situation they are in and offer them the dream life to live. In the ever expanding movement of the self-help industry and spiritual evolution of mankind, we may soon find ourselves searching for God in an empty Church, while the community of believers have stayed in touch with Spirit and will soon be living in a different kind of world, when the trumpet call to stay attuned has long been silenced.

The greatest gift self-awareness can bring is the ability (power) to facilitate change in our own lives. The greatest stumbling block in achieving a dream or goal is the limiting thoughts that we entertain. To live a happy life is to acknowledge the challenges and obstacles in life; not to use them as excuse and reasons for not being true to the vision I have for myself and everything I want to achieve. There is no power in self pity. Everyone has a story of pain, disappointment, rejection or tragedy. It's all part of life and when we dwell in the past, you will leave very little space to acknowledge the present. To find meaning in life is therefore a process of growth and self-improvement. The best part about personal development is that you get to pick what you learn and apply. It makes learning a lot more fun and can even be relevant to your profession.

The secrets to a happy life and the pursuit of happiness can be narrowed down to the balance and harmony that you maintain in your work-life career orientation, relationships, the spiritual-inner self reflections and mind-body connection. In other words, closing the gap with where you currently standing and where you want to be. If you are feeling tired, rundown or overwhelmed, then you might want to consider embarking on a personal development and conscious growth journey. They are lifelong journeys of self-improvement that will take you through every aspect of your life, awakening your heart, your mind and your spirit. It is important to work on all aspects of our lives if we want to continually experience joy and fulfilment. Personal development is the key to learning to know thy self and live fully in a state of positive self-esteem and self-love. But in order to achieve and succeed we need to grow and change. And this expanding of ourselves is never an easy or painless road.

What is Personal Development ?

Personal development includes activities that improve awareness and identity, develop talents and potential, build human capital and facilitate employability, enhance quality of life and contribute to the realization of dreams and aspirations. The concept is not limited to self-help but includes formal and informal activities for developing others in roles such as teacher, guide, counsellor, manager, mentor, or life-coach. When personal development takes place in the context of institutions, it refers to the methods, programs, tools, techniques, and assessment systems that support human development at the individual level in organizations. Personal development includes contributions from other people through roles such as a teacher or mentor. It can occur either through personal competency or skill of e.g. managers in developing the potential of employees, or as professional service such as providing training, assessment or coaching. Any sort of development requires a framework if one wishes to know whether change has actually occurred. Personal development frameworks may include goals or benchmarks that define the end-points, strategies or plans that can be measured and assessed, providing levels or stages that define milestones towards progress along a development path, and a feedback system to provide information on changes that actually occur. Beyond improving oneself or developing others, personal development is also a field of practice and research, including methods, learning programs, assessment systems, tools and techniques. As a field of research, development topics increasingly appear in scientific journals, higher educational reviews and management journals.

At the level of the individual, Personal Development includes the following activities:

- ◆ Develop and strengthen emotional intelligence, and transmit the ability to accept yourself as unique and worthwhile human being.
- ◆ Brings about a deep level of self-awareness to recognize the spiritual roots of emotional wounds and habitual dysfunctional behaviours.
- ◆ With increased self-knowledge comes an attentiveness to the way we think as reflected in the way they speak and improve social intelligence.
- ◆ Understanding our own beliefs, it increase respect to the rights of other people's beliefs & values.
- ◆ When we explore the deeper beliefs we hold, that understanding brings insight to the dynamics of inner struggles, identifying causes and increase the ability to get free.
- ◆ Personal Development increase the ability to demonstrate their individual identity and expression of beliefs, to review and form new values and beliefs that can be built upon.
- ◆ Demonstrate the ability to live in peace and harmony within their communities as Individuals living in balance with spiritual principles and practices.
- ◆ It release the capacity to initiate any life enterprise or personal autonomy, while demonstrating the ability to advocate respect and dignity towards life in the way we live. This will naturally lead to improved health, and enhanced lifestyle and improved quality of life.
- ◆ An ability to live in the present with a deeper sense of meaning, with clear goals for the future, defining and executing personal development plans.
- ◆ Demonstrating and communicating a new conscious orientation towards self and society.
- ◆ Demonstrate the ability to refocus, thinking away from crime, disease or guilt consciousness towards dignity, value and wholeness within humanity.
- ◆ To demonstrate your individual (not group) identity and ability to express beliefs with an improved tolerance towards all other religious practices in a devoted lifestyle of their choice.

What Self-Development is Not

Self-development is not about directly changing the circumstances in your life; instead it is about you! If you feel the attainment of vast amounts of money is an essential aspect to your development, then you are in the wrong place. There are plenty of wealth gurus out there who will sell you an expensive ticket on that particular journey. Yes we do account for the ideas of abundance, motivation, inspiration & happiness, however, these things again are not the focus of development, rather they come about as a result of your development. When we focus too much on the symptom of happiness for example, we might ask; "Why am I not happy?", and look around us trying to find the cause. The development of our self is not about materialistic ideas as outcome then, rather about an understanding and application of the principles that govern how people function and externalize their believes about who they are. As individual, you are in the unique position to gain amazing insight into what is occurring inside of you. Self-development begins with an inner-journey, the focus of which is very much about self-understanding. "Self" in this context isn't the circumstances of your surrounding life, but the contents of your mind, your consciousness and your heart. If you want to change your life, then you need to develop an awareness of these vital elemental components of your being.

How Does Personal Development Change Lives?

Motivation, not to abandon, rather to embrace your beautiful vision!

Forget ordinary, go for extraordinary! What would you prefer, mere existence made up of a mundane routine with nothing much to look forward to, except getting through the day; or a life unimaginable and extraordinary. When our own growth and passion gets replaced with mindless entertainment that keep the mind occupied not to engage the yearning of the heart, a person's world grows smaller and smaller. That's what happens to people who abandon their vision. We all started out believing that a better life is possible. At some point in our lives we all have dreamed of accomplishing great things and living a life of value and purpose. Unfortunately, it is far too easy to allow the demands and frustrations of daily living to dampen those hopes and squash those dreams. When this happens we begin to settle for just getting by. Without a vision, life can be so demanding that it leaves you feeling trapped on an endless merry-go-round that never leads anywhere. The truth is, we all have the capacity to take charge of our lives and to make our dreams come true. Yes, this requires that we learn new skills and change our beliefs about what is possible, but what could be more exciting than that? *Personal Development opens a doorway to a life that is both exciting and fulfilling.* A life that is full of endless opportunities and amazing possibilities. Personal development is an opportunity to reclaim your dreams, transform your life and make a valuable contribution to the world around you. So hang onto your vision no matter what and view each day as an opportunity to move in that direction. See life as an adventure in personal growth and remember, life is not a destination, it's a journey. Each one of us is solely responsible for our own personal development. Yes, we can learn from others. We can and should seek the guidance of those who have gone before us. In the long run though, each of us must act on what we learn, and we must do so consistently. To some that may sound like a lot of work, and it is. But in reality, it is the kind of work that can provide a sense of lasting value. It is the means by which we as individuals can raise the value of our own life, both for ourselves and for those around us.



It activates an internal shift and enable you to take charge of your life.

Personal development provides us with the incentive and the means to become the best possible version of ourselves. Instead of becoming more self-focused, personal development expands our frame of reference to include the people around us. As our world expands, so does our awareness of the possibilities and opportunities around us. This possibility mindset fills us with an attitude of eager anticipation as we look forward to each new day. Personal development has a profound effect on every single aspect of our life. As we grow on a personal level, we begin to feel more passionate about life in general. We are naturally more motivated because learning and growing add motivation and a sense of excitement. The vision is important because it defines our path and gives something to move toward. Life doesn't start when we get there, life is what happens along the way and that's where we need to have that deeply satisfying, enjoyable, meaningful, empowering life experience. This is where personal development and the coaching process comes in. It's because our path defines our personal growth process. Society seems to have a natural tendency to focus on quick-fix external results that follows a small bit of effort, like a take-away meal. However when no proper foundation is laid to sustain a high-rise building, the first storm that appear will challenge the roots of that dream. Don't get this wrong, material results are certainly important, but there is much more! Striving to live up to a higher standard (our vision) always creates greater value in our personal lives and the lives of those around us. There is however no benefit in having all the comforts and you are truly unhappy. Dreams and passions of the heart is not about the having and getting, rather it is a yearning to express who you are and the way you identify yourself in the activities you engage with.

As adults, we are responsible for all levels of our lives, physical, mental, spiritual and emotional. We are responsible for the things that we do, think, feel and believe. Most personal development courses will therefore study outdated thinking that and introduce new beliefs that enable the learner to take control of their lives and the autonomy (self-rule) of their future destiny. Where we used to think that "other people are the ones whom affect my life"; we now realise that I create my own reality. Training programmes provide a deeper understanding of the scientific evidence for these principles and assist the participant in the application and utilisation of techniques towards personal growth and ultimately towards greater human potential to achieve better results in your life and life a happy and fulfilling life.

Three Reasons why Personal Development is a “Must For All”.

Here are three reasons why personal development is essential:

1. Personal development directs your attention to important things that really matter.
There are many things in life that can distract your attention away from the important. Those distractions are mainly in the form of short-term pleasures. They may make you feel good in the short-term but cause your long-term growth to suffer. Personal development helps you direct your attention back to what are important. For instance, personal development reminds you of the universal and timeless principles that can guide your life for the better.
2. Personal development increases human potential and capacity for enhanced living.
Not only does personal development direct your attention to what are important, it also helps you increase your capacity in those areas. You have an ability to handle certain kinds of challenges in different areas of your life, and you can only handle those that lie within your current limit of skill, knowledge and ability. Personal development is a way to increase your limit so that you can handle more difficult challenges.
3. Personal development connects you with positive people and attractive circumstances.
The scientists now acknowledge that thoughts and believe systems create, or attract certain circumstances, and events. When you focus on something, you tend to find things that are related to it. For instance, if you are learning economy, you will spot many more economic-related stuff than you normally would, and birds of the same feather flock together. That's because your mind has a filter that filter out or alter information that may seem irrelevant and contradictory to what I want to know or perceive, even if we limit our understanding to enjoy the fullness of life. When you focus on something, your filter is set in such a way to give you more of it and less of other things. When you focus your attention on personal development, you are more likely to find like-minded people than you would otherwise. Having these positive people around you will in turn make it easier for you to grow. It's a cycle that brings you to higher and higher level in life.

Now that you know how important personal development is, you need to make conscious effort to grow yourself. Self improvement calls for a positive change in oneself. You don't have to be compared to anyone or anything to be a better person; it is just how you make yourself feel. If you have the ability to work towards bettering yourself, you can naturally see a change and will definitely stand out in a crowd. Your well being is not just about handling stress or managing your time but it is also about how well you can do it. It is not about finishing a task off quickly and getting an appraisal for it, it is about that lasting success you achieve.



Some Fundamental Truths about Personal Development

Before we can really look into meaningful personal development and create the life we truly desire, there are a number of basic concepts that must be accepted. In personal development, as in any other field, there are fundamental truths that exist. If we want to experience optimal results, we need to understand and fully embrace those truths. While the existence of these personal development truths may be generally accepted on an intellectual level, more than acknowledgment is required. This seems to be one of the major differences between people who make things happen and those who can't figure out why things are the way they are. "I know" doesn't get it done, and is what you normally hear when someone has neglected to do something. When it comes to personal development, could we be doing the same thing? Many people who know the following truths are not getting the results they would like for this very reason. To get past that tendency, I invite you to use the following list for some honest self-evaluation. As you look at each point you may think, "I already know that." In that case, stop and ask yourself: "Am I doing something with that knowledge, or not?"

Some basics personal development truths

1. Take responsibility for your life.
This is the foundation of all personal development - we must recognize that our life is our personal responsibility. We can either accept conditions as they are, or accept the responsibility for changing them. Whatever we choose to do, we must acknowledge that we are the only person responsible for our decisions and actions. Taking personal responsibility is the catalyst of all positive personal power. We need to ask if we honestly believe and apply that, or are still looking for excuses to shift blame and to avoid occurring necessary change?

2. Make a commitment to taking massive action.
Planning and deciding are very important steps, but without action they have almost no value. Likewise, half-hearted or limited action is not going to get things done. If you want to change your life experience, be willing to keep taking action in the direction of your goals. Life is full of up-hills and valleys. It can be pretty challenging to keep taking action when things get rough. Quitting will not get you where you want to go. Only action can do that. Check whether you are taking action to create the life you want, or still waiting for someone to do it for you?
3. Be alive and get emotionally involved in your life.
To be passionate about what you are doing and know why you are doing it, is to live your dream. Wrap yourself around your passions and desires and get excited about transforming your dreams into reality. Take time to experience the energy that comes from a passionate pursuit of your desires, for this is your life we are talking about, it's not a movie. To experience life to the full you must stay engaged and not shut out the threat of pain when others don't support you emotionally. They cannot live your life for you, so how emotionally involved are you truly in your life?
4. Set and pursue worthwhile goals that you truly believe in, and stop living someone else's.
Have something positive ahead of you, something only you can look forward to, work toward and hope for. That is the way we turn dreams into goals and your goals into projects. Life is a journey and the goals you set determine the direction of that journey. Make your journey a worthwhile one by pursuing the goals and doing the things that you really believe in. So reflect whether your life include any meaningful pursuits? If not, why not ... deal with it and move on in life. For tomorrow may just present the opportunity for you to create a new legacy.
5. Believe in yourself and have confidence in your success – even if others don't.
Your feelings, attitudes and behaviour all grow from your beliefs. If you believe that you can, you probably can. Belief builds confidence and confidence leads to action. Don't impose limits on your own abilities by holding limiting beliefs and making negative predictions. Deep down, you know you can do whatever you set your mind on, so hold onto that belief. And when your actions don't show that you truly believe in yourself, it is time to reassess your own thinking?
6. Visualising - Maintain a clear mental picture of your intended results.
In the development of the faculty of the mind we increase focus, as the power plant that generate your achievement. Taking time to visualize your desired outcome daily, and to see it as real and to focus on what you see will increase faith and trust in your capacity to manifest your dreams. Your brain will accept your vision as reality if you continue to maintain your focus. Once that happens, your life will literally rearrange itself around that perceived reality. Your focus defines the course of your life. Are you spending enough time to focus and visualise the direction you want your life to go?
7. Give yourself unconditional approval, including where you failed on the above.
The need for approval is much at the very core of everything we do. Approval from outside sources encourage, yet it is absolutely vital that you approve of yourself first and don't make this dependent on actual accomplishments. You need to approve of yourself as a person aside from your accomplishments and allow yourself to give unconditional approval to "you" as a worthwhile and valuable person. Approval is at the heart of a healthy self-esteem. Very few give ourselves due credit and we need to check whether you given yourself the approval you deserve? Keep in mind that we are all a work in progress. That means there will always be room for improvement. That is why they call it personal development, because it's a process of continual improvement. The important thing is to do the best we can so that we keep our life moving in the right direction.

Should you find it difficult to apply the aforementioned principles it is a clear indication that you need some assistance. The first part on the spiritual path requires that we become aware of ourselves. *When we are present in ourselves without any mental or emotional shut-downs, life becomes meaningful.* Only in this way, through interaction and feedback experienced, we notice when negative and destructive thoughts and behaviours exist in our minds. This becomes an opportunity for us to check the conscious and sub-conscious beliefs we hold onto, and provide the unique position where we can rethink our value systems. As we give ourselves permission to release that which no longer serves us, we are enabled to choose, to be our personal best. The Personal Transformation and Spiritual Orientation Programme "Alter Point" presented by Meta-Life Coaching®, is used for Personal Development Initiatives and Skills Training for Individuals, or Companies. The course covers and focus on developing the areas listed above. For more information please read further.



Obstacles toward Personal Development

How many barriers are there towards life improvement and personal growth? Do we know what is restraining your own growth and which obstacles have the greatest effect on your ability to create positive change in your life? Once you become aware of your personal roadblocks, you'll be in an excellent position to overcome them. Let's look at some possible contenders.

- 1. Loosely defined goals.**
Setting goals is the fundamental part of achieving any results. Yet for most people, vague, undefined goals are the norm rather than the exception and indicate that most people are really unclear about what they really want. There are several factors that can keep you from defining exactly what you want. Regardless, if we can't accurately define our goals, what chance do we have of actually achieving them? A high degree of focus is required to create a new desired outcome for your life or to break old habits. If all we have is a vague idea of what we want, then what is there to focus on? Lack of focus is a common roadblock to personal development and it leaves a person feeling like their efforts never produce the results they were hoping for, nor can they measure their own progress. If you are going to set goals, make sure you take the time define them so you have something to focus on.
- 2. Current status unknown – the inability to define where you are now.**
Once you know where you want to go, it is vital that you accurately and honestly assess exactly where you are right now. If you don't know where you are in relation to where you want to be, how will you be able to gauge your progress? Without honest self evaluation you will be like a ship without a rudder, adrift in an ocean of busy work or procrastination. You'll be doing a lot, but accomplishing very little. You can avoid this roadblock in self-development by taking an honest inventory of your current situation to get an accurate picture of where you are.
- 3. Focusing on what you don't want.**
In an effort to avoid problems we can easily end up putting our focus on the outcomes we want to avoid. Because the mind is only creative, it will always try to attract or create the object of our focus. This is true even when it is something we are trying to avoid. This is why it is so important to focus on what you want to obtain and to take your mind off of from what you don't want? "That which you resist, persist, what you look at disappears" (Larry James). Obviously, we need to be aware of possible pitfalls and steer clear of them, but our primary focus needs to be in the direction we want to go.
- 4. Incongruent: Internal conflict and contradictory beliefs**
This is probably the greatest stumbling block to face, the one that can sabotage all your efforts without you even knowing what happened. If we haven't taken the time to discover our deepest personal standards and values then we are vulnerable to this kind of inner disharmony. To create internal harmony (congruency) we must live and act in harmony with our core values, but we can't do that if we don't know what those values are. Conflict normally appear when I really want to do something which is in direct opposition to especially Religious or Cultural Traditions. It is also an indicator when there are higher values at play that prevent you from making an harmful decision. The best way to avoid this roadblock is to analyze your deepest core values and make sure that everything we do is in alignment with them. Our Personal Development Programme, Alter Point, covers one whole session, to walk you through the process of eliciting and clarifying values.
- 5. Outdated, Limiting or Obsolete Beliefs.**
Especially your beliefs about who and what you think you are, and what you or are not capable of, or what you think you do or do not deserve. It is through the window of these beliefs that we form our self image and try to make sense out of the things going on around us. We also use them to form assumptions about anticipated future results. These beliefs and perceptions may have been formed during your childhood years and have now outlived their usefulness. Others may been developed due to situations and circumstances we have gone through that are no longer relevant. It is important that we evaluate our beliefs regularly to see if they are serving us or holding us back. There are two formidable problems with limiting beliefs. First, these beliefs often operate on a subconscious level, screened of from our conscious awareness. Second, even if we are aware of them, changing beliefs can be very difficult because they usually have a strong emotional component making them almost unyielding to logic. Overcoming this roadblock is one of the main reasons clients come to me for coaching.

6. **Avoiding or Delegating Personal Responsibility.**
The quality of our lives, and our personal and spiritual progress is our own personal responsibility. This is the foundation of all personal development. We can either accept conditions as they are, or accept the responsibility for changing them. Whatever we choose to do, we must acknowledge that we are the only person responsible for our decisions and actions. Taking responsibility is one of the most liberating things you can do because it completely eradicate the temptation to blame anyone or anything, eliminate a victim mentality and puts you in the driver's seat of your life.
7. **Resistance to Change.**
When we do what we have always done, then we will get what we've always got. When we successfully break our emotional attachments to "what is"; however desirable or comfortable, and when we practice "letting go", we allow room for growth. To do this we need to develop strategies for dissolving those attachments, and learn to surrender to the flow of life and the bigger picture involved. On an emotional level, we create a sense of security when we "hang on." Consequently, learning to let go can be challenging. As you embrace small changes in your life, your emotional dependency on security anchors will also shift. Over time your resistance will fade and you will find comfort and security in a more fluid reality. When this happens, continued personal growth becomes your new security anchor.

Reasons, why don't we move forward?

Do we really want to answer the call to a more empowering, evolved and happier life, or carry on pretending and never reach our destiny? There is many reasons why people cannot answer the call and follow the pull in the heart. The following points reflect some of the more prominent causes that have to be dealt with before we can move on.

1. We are fearful that if we act on our hearts longing, we will be disappointed. It's an illusion that if I live my dream it would not be so great as anticipated. That's not a dream, rather an expectation created from observing someone else's life-passion calling to something in you to come alive. When this illusion has disappeared, the longing cries out to follow a new path and you are able to break the agreement with old ways and respond to the longing you feel inside. Real dreams ask for a commitment, something needs to be given, sowed as seed in order to reap the fruit. It asks for dedication and heart work, and when passion is involved you won't even notice.
2. When we touch our longing – we are afraid it will mislead us in some sort of way that, "what I give up", will be more costly than the anticipated gain. Internal conflict arise when we compare the anticipated rewards with the seeming difficult road and struggles to see it realised. Yet we don't have to learn to let-go of comfort, we only have to recognise what is already gone ... and then adjust the focus towards the doing instead of the getting.
3. When we touch our longing – we also touch our deepest pain. The fear of failing or of making a costly mistake can act like a powerful emotional magnet that captures our attention in subtle ways. Learning to master your focus is the best way to avoid creating what you don't want, hence the Law of Attraction.
4. The ego thinks that it will be worse of than anybody else and by comparison we start to build our life-experience upon failed expectations, instead of Vision. Believing that, "Who I am" is not good enough and am a failure, and the victim of circumstances, will only build an obstacle that will prevent you from being able to perform as well as others do!
5. Falling into a day-dream mentality. Well one day, and then the immediate, "what if" that follows. We tend to only listen to the longing of the heart when circumstances around us literally breaks you open and eliminate any excuse for not doing what we are meant to do.
6. All the images and ideas that you have build up in your mind about the World and how life works, would be at jeopardy. Staying true to your quest may be seen as a betrayal of your self-created identity, especially when it is dependent on cultural and social role expectations and customs that have to be honoured. You afraid that you will be seen as unstable and untrustworthy and out of integrity with the norm, when you step-out and do what you really want top do!
7. Jumping on the bandwagon of self-improvement, we look for a free ride that doesn't demand effort and commitment. Yet so many seekers never apply the principles acquired through courses and workshops. We cannot move forward without burning bridges behind and close the kitchen door left open as a backdoor to escape out of the commitment that is required for the journey, we need to leave home and cleave to the dream.

"The successful man will profit from his mistakes and try again in a different way" (Dale Carnegie)

"Vision without action is merely a dream. Action without vision just passes the time. Vision with action can change the world." (Joel A Barker).

Can a Coach Help Unlock Your Full Potential?



Every top athlete works with a coach who helps them unlock their full potential. Even the most gifted and dedicated in their field still benefit from working closely with a qualified coach. In the game of life, have you ever wondered if a qualified coach might be able to help you unlock your full potential? Here's an interesting statistic, did you know that, on average, a highly motivated person working with a coach will make progress eight times faster and have a much greater chance of success than the same person trying to do it on their own? Working with a coach could potentially save you years, or even decades of your valuable time by helping you to make unprecedented strides toward a higher quality of life. Will coaching do that for you? The answer depends on the willingness to engage and remain committed, and your level of motivation. The problem arise when we want results without paying the price, and that include cheap guidance.

It really makes no difference to me whether your goals or challenges are personal or professional in nature. If you are motivated enough to take action and want to achieve a real breakthrough, then I can help you with your challenge. I know from experience that the key to helping you achieve outstanding results quickly is to guide you to discover who you really are on the deepest core level because that's the source of your greatest personal power. Working together we can unlock your real potential by tapping into the power of your deepest motives, passions, and values, while also eliminating the limiting beliefs that hold you back from personal excellence. Why is this so important? Every building sits on a foundation. If the foundation is solid the integrity of the building is greatly enhanced. If the foundation is faulty it doesn't matter how much time, effort, or money goes into the building. That building will always be lacking structural integrity. The same can be said of the life we build for ourselves. Without a solid foundation we will never realize our full potential and achieve the quality of life we long for. We will always be susceptible to foundational (core) vulnerabilities like self-sabotaging behaviours and emotional insecurities. As a result, genuine happiness and satisfaction will continue to elude us. As my coaching client you will get results because the first thing we will do together is work on your personal foundation. The real reasons we get stuck in life are usually a little more deep-rooted than we initially suspect. Once we pull out those root weeds things can change very quickly. Core issues are like emotional weeds that choke out our ability to realize our full potential. To stop them from coming back we need to get rid of the roots. By far, the simplest and most powerful way to create positive change in your life is one-on-one coaching. This is because with coaching you get 100% personalized assistance precisely tailored to your individual needs. That's why the fastest way for you to go from where you are right now to where you really want to be is Meta-Life Coaching.

Where athletes have sport and fitness-coaches to enhance their sporting achievements. - Now you can have a Transformational Coach to enhance your life! A Metaphysical and Spiritual Teacher strives to connect the client with their own "Inner Light" and wisdom. Metaphysics explores who you are within your own reality, the dynamics that influence your current relationships, and reveals why sometimes you feel life is not working and what you can do to resolve it. It all begins by making the first step to re-enter a new beginning and to allow an expansion in personal awareness of what it is that creates one's own reality. By expanding our consciousness of the way that I used to perceive life and handle situations - old conditioned and habitual mindsets give way to the possibility to rewrite your own life-story. By taking full responsibility for your thoughts; your emotions and feelings is integrated with the real self; ultimately seeing the universe as a mirror reflection of what is. The Consultant breaks down your life goals and spiritual objectives into 'do-able bits' to keep you moving along your path. This way the work is targeted and focused to your personal needs to make sure you really develop new skills and abilities that enable you to reach your objectives. Working together, we find and develop a strategy to transform the dynamics that influence or hold you back in life and to allow for an expansion in personal awareness, that seek to find your "authentic self" and improve your business and personal life.



Our Company.

Meta-Life Coaching (Pty) Ltd, situated in Pinetown, is a leading provider of Coaching and Mentoring Services in KZN. The company specializes in Personal Development Consultation and Business Mentoring. With more than 20 years of Counselling and Life-Coaching experience, we assist individuals and groups to overcome difficult areas in their lives and reach their dreams and objectives. We present Life-Enrichment and Personal Mastery Experiential Workshops and Metaphysical Training to empower individuals to live a more authentic and fulfilled life. We also Assist and Mentor Entrepreneurs with New Venture Creation, as well as Coach Seasonal Managers in Business Development and Transformational Leadership. Whatever we do will be governed by this vision – *“how can we bring about transformation, and cause higher consciousness in the perception of people’s (our clients) orientation to life, and through that to cause a ripple effect in preparation of a better world for our children’s children.”*

Personal Life-Coaching Sessions are for the person who:

- ✚ Feel their life is stuck and cannot move forward.
- ✚ Feel their life is not what you want it to be, and want to create different results.
- ✚ You would like to change your behaviour and needs the skill and confidence boost.
- ✚ If you have a phobia, fear or any specific doubt to overcome.
- ✚ If you want to get rid of your self limiting decisions, and reach for the gold.
- ✚ If you want to clear up your past and align towards a compelling future.
- ✚ You want to clear yourself from emotional baggage, anger, sadness, guilt ...
- ✚ Rise above the limitations of your mind like poor self esteem, low confidence, and inner conflicts.

Benefits of Transformational Life-Coaching.

- ✓ Investing in the quality and depth of your life;
- ✓ Increase self-confidence and enthusiasm in life;
- ✓ Restore balance and greater productivity and thus more time;
- ✓ Developing healthier more effective habits and routines;
- ✓ Reaching goals faster, and put joy back in your actions;
- ✓ Self development and ultimate success;
- ✓ Learning the power of taking responsibility.
- ✓ Transform your inner critic into an inspiring superhero
- ✓ A deeper and more fulfilled spiritual life.



What does a Business Coach help you to do?

- To focus on what you want rather than what you don't want
- To define your outcomes and ensure that they do happen
- To really understand and prioritise what is important to you about your business or career
- To move from where you are now in your business or career to where you want to be
- To achieve goals that are currently eluding you
- To think about yourself and your business or career in a new way
- To be self-motivated to ensure you achieve your goals
- To build self-esteem, integrity and experience
- To achieve personal mastery

The emphasis is on accelerating performance for individuals and business organisations. Team-work, empowerment and improved business performance is the focus within organisations. However, if organisations are going to make long lasting changes, the individuals within them must change first. Coaching came onto the work scene in the '80s and today we see a shift taking place within the workplace. Stability and certainty have given way to technological change, political upheaval, economic and community crises - and people at work are affected in every aspect of their personal and professional lives. One resource that has increased the ability to deal with ambiguity and uncertainty is that of the personal or professional coach.

- Coaches look for shifting advantages within the change process.
- Coaches facilitate behavioural change and self-responsibility in their clients.
- Coaches improve performance, visioning, teamwork and the ability to take risks.

Meet your Guide, Strategist and Visionary.



The Training and Mentoring process of Meta-Life Coaching is directed by Martin Brits (M.Min (Rel.ED); B.Build.Arts; SAIM Dipl. Proj. Man), a Personal Development Consultant - ISNS Certified Meta-NLP Practitioner Coach, & qualified Metaphysical Master Practitioner. Martin previously served as Ordained Minister and Director of various Counselling and Cross-Cultural Training initiatives for Missionaries and has extensive experience in Transformational Life-Coaching and Leadership Training initiatives. He is currently busy with his Masters in Religious Education, and is a qualified Spiritual Healer in various alternative modalities. He also managed an Architectural Practice for more than 18 years with extensive experience in Property Development and Project Management and Mentorship of Building Contractors.

What can you expect from me?

As your coach I will:

- ❖ Brainstorm and set goals with you that are SMART, important and objective;
- ❖ Keep you focused on a path and on keep a fast track; to impart skilled discipline.
- ❖ Challenge you with out-of-the-box thinking, and increase your rate of development;
- ❖ Assist you to overcome your fears, so that you can enjoy maximum achievement.
- ❖ Impart knowledge, share Psychological and Metaphysical tools that will empower you.
- ❖ Guidance and Spiritual counsel and support throughout the process of change.
- ❖ Listen attentively to what you are saying, using creative problem solving when you are stuck

What Products and Services can we offer?

- Face to face sessions for local clients
- Weekly, fortnightly or monthly sessions to suit your budget
- Email and telephone support between sessions
- On line sessions with Skype
- Workshops and interactive E-course.



"It is what we make of what we have, not what we are given, that separates one person from another". (Nelson Mandela). "When goals go, meaning goes. When meaning goes, purpose goes. When purpose goes, life goes dead in your hands". (Carl Jung).



Meta-Life Coaching

Personal Development Consultants and Business Mentoring.

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For more information e-mail us at: freepaths@gmail.com. For appointments: Cell. 073 439 9060.

Website: Visit us at <http://www.meta-lifecoaching.yolasite.com>



Life is a dream - living is the awakening of whom we truly are. Life will show up for you in exactly the way you expect it. Be the person that you dream of being. Who you are is a process of creation. Why are we afraid to be embarrassed to get our needs met? Or are we willing to dare to do what we can, willing to take the risk to be a fool and desperate enough to find our deepest hungers fulfilled? It only takes one idea, one second in time, one friend, one dream, one leap of faith, to change everything forever. Just one, yet ... Eternity lies in the palm of your hand. You are the creator of your own destiny.