

0508 543375



Empowering Positive Change 3 Day Programme

CHRISTCHURCH 31 OCTOBER, 1, 2 NOVEMBER 2023

ARRIVE 8.30AM FOR A 9.00AM START

FINISH 4.30PM

LEARNING OUTCOMES

People are shaped by the life that they have experienced and for many, this has not always been a positive experience. We help people to remove negative aspects of their conditioning by giving them useful tools and easy-to-learn techniques. This allows their own unique positivity to emerge.

Positive thinking by itself does not achieve worthwhile and lasting changes, but by thinking the 'thought' and then by taking the right steps or action, you can achieve great success in all areas of your life.

The first and most useful step in this process is becoming aware of your own conditioned beliefs and then deciding which are no longer useful.

*"The best course I've ever done;
the most powerful, useful and life - enhancing
experience I've ever had."*

Nelson Soper presents the Empowering Positive Change 3-day programme. He has extensive experience in working with and mentoring families and individuals throughout New Zealand. He is currently facilitating nine different programmes and has delivered these throughout the country.

Nelson has presented the Empowering Positive Change 3-day programme to people from nine years old to eighty four! His presentation is informative and empowering. He will outline the tools people need to enable themselves to look at their lives from a different perspective: a perspective that will help people identify their hidden talents and potential.

- Awareness of self and others
- How to be in the present
- Mindfulness
- How conditioned beliefs shape us
- Avoiding stress and stressors
- Communication skills
- Work Life balance
- Fear and guilt
- Organisation, time management
- Mind games we play and why?
- How we Think, Feel and Act
- Acknowledging ones journey



Room 3
39 Nursery Road
Phillipstown
Christchurch 8011
Free Phone 0508 Lifeskills
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Email us today at susan@kiwifamilytrust.org ▶▶▶

Text 02102527335

for more info



TESTIMONIALS

“The past is the past and I will not be carrying others on my back. Walk with me, not on me. Don’t use the bad memories to control my life, but to learn from it. People need this programme to better themselves. My goal for the future is to follow my own heart, not my bad thoughts and my past. Choice. Change. Freedom.” Reitini, Hamilton

“In my opinion.. Going through the communication styles really helped me recognize myself & will help communicating with different people. The tools that are taught will help me through life in all aspects & will assist with my personal growth.” Kayling, Dunedin

“Man I wish I had done a course like this when I were younger, it opened my eyes to my conditioned beliefs and how they were holding me back from progressing with my kids and family. I learnt that not everyone thinks like I do, funny that! I learnt to respect others ways of thinking and how not to react so much.”

“As an inpatient mental health nurse, I have found this course invaluable - you always learn something new. Self-awareness and knowledge of it is empowering. It will enable me to live to my fullest potential because core beliefs that are conditioned (from my childhood) no longer define me. I now can change my conditioned negative beliefs as a result of completing this course.” - Connie, Greymouth

“Good to understand that you require balance in your life and its ok to say NO. You don’t need to take on the things you cant control.” - Janine, Westport

“I was really nervous before-hand not knowing what to expect but I felt immediately at ease and even enjoyed the group environment, I realized that there are other people struggling with themselves and actually its normal?! I learnt not be too tough on myself.” B M, Christchurch

“I feel that I got to know more about myself, more about the way I think feel and act. This course helped me a lot to realize what’s a keeper and what’s not in my life. This course will help me in the long run for me and my children to get through the hardest days and to make good decisions.” Tonita, Tokoroa

“Crikey! This course really wakes you up to be in tune with life and reality and to be the better me. Loved it very much.”- Lisa Timaru

Email us today at susan@kiwifamilytrust.org ▶▶▶



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Kiwi Family Trust
"Tina Kina Tikā Whānau O Aotearoa"
"Helping People to Help Themselves"

Kiwi Family Trust

"Helping People to Help Themselves"

Application for Enrolment

Title _____
First Name/s and Surname/preferred name _____

Contact Address _____

Telephone _____ E-mail address _____

Mobile no. _____ Age _____ Date of Birth ____ / ____ / ____

Children Yes/No How Many _____ Ages _____ Are you employed Y / N

Name of Organisation _____ Position _____

Please tick preferred programme/s below

Parenting Now and Beyond Empowering Positive Change Clear Communication Mentoring/
Life Coaching

Motivation to Attend:

What do I most want to achieve by attending the "Kiwi Family Trust" Programme?

- 1) _____
- 2) _____
- 3) _____

Health Requirements:

1. Are you receiving any kind of therapy and/or taking any kind of medication that may inhibit your ability to participate in this programme?

Details please _____

2. The course is undertaken with the understanding that the presenters are not therapists, nor are they engaged in rendering psychological or any other professional service of a medical or therapeutic nature.

Programme Costs:

There is a charge for our mentoring services. Please contact us for more information.

The cost for our programmes will be \$80 per day.

If the cost of attending is an issue for you, please call to discuss your position, you may qualify for sponsorship.

I agree that it is my choice to write a testimonial that can be used in promoting the Trusts' programmes either on our website or to others who would like to know more about how people have experienced the programme. Your time taken to provide this testimonial is truly appreciated.

Applicant (signature) _____ Date ____/____/____

Room 3, 39 Nursery Road or PO Box 10028, Phillipstown, Christchurch 8145
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