

ESI™ Certificate Level Course

'The Many Parts of You'™

Understanding the Puzzle of Your Behaviour

Are you satisfied with your performance?

Chances are you're not. Maybe you want to be thinner, stronger, healthier, smarter, wealthier, more disciplined, buy a nicer home, be a better mum, dad, partner, etc. From a team perspective, maybe you want to be more creative, innovative, productive, efficient, profitable, etc.

Because you aren't quite satisfied (and probably in more than one area) you're probably pushing yourself hard to get better. You talk about it, say you will, put your mind to it, write it down and post it on the refrigerator.

And then don't!

So why, when there is a part of you that knows exactly what to do and how to do it, in order to achieve success?

The answer is that there are other parts of you that simply 'get in the way'.

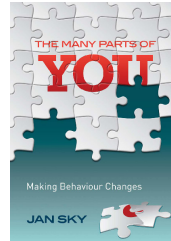
How can you identify these parts and place them into an executive position so the inhibiting parts stay non executive? The answer is **ESI™**.

ESI™ has been developed from Ego state therapy which is based on the premise that personality is composed of separate parts, rather than being a homogenous whole. These parts (which everyone has) are called states. The state that is conscious and overt at any time is referred to as the 'executive state'.

ESI™ allows you to recognise your executive states from which you behave, and will uncover inhibiting states that are sometimes executive, thus preventing your success.

ESI™ is new, unique to every individual and works to create an *understanding of the puzzle of our behaviour*.

YOUR FACILITATOR: Jan Sky



Jan is the author of the book "The Many Parts of You". She is an author, coach, corporate trainer and creator of **ESI™**. She is passionate about developing high performing people and will share with you the secrets of discovering 'the many parts of you' at this workshop.

CERTIFICATE LEVEL WORKSHOP

DATE: March 23, 2009
May 11, 2009

TIME: 9.30am - 4.30pm
VENUE: TBA

INVESTMENT: \$330 (includes gst)
[Includes morning, afternoon tea, workbook, tons of practice and certificate of completion]

BENEFITS TO YOU

- Identify the many parts of you and understand the puzzle of your behaviour.
- Develop your own state map.
- Re-arrange states from executive to non-executive and visa versa!
- Become the person you want to be.
- Create a more harmonious home, family, workplace life.
- Achieve success with your goals

ESI™ has worked for many hundreds of people and can work for you too.

Be amazed by the many case studies Jan will share with you and become a success story yourself.



'The Many Parts of You'

ESI CERTIFICATE LEVEL COURSE

To enrol send the completed application form and payment to:

Jan Sky – PO Box 27 Caringbah 2229
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 reason for wanting to complete the **ESI™** Certificate Course is:

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My method of payment: Visa Mastercard Bankcard

Card Account Number _____

Card Holders Name: Expiry Date ___ ___/ ___ ___

Signature:

Cheque – \$...... please make cheque payable to **Sky Training**

Direct deposit – BSB 124 001 – A/C No 20477220 – **Sky Training**

INVESTMENT: \$330.00 per person (includes gst)

GROUPS OF TWO OR MORE FROM THE ONE COMPANY: \$250.00 per person

EARLY BIRD OFFER: \$250 by one month prior to date (all prices quoted include gst)

NUMBERS LIMITED to maximum of 12 for personalisation



For further enquiries call: **Jan Sky** Phone: 1300 787 694 or Mobile: 0409 869 664



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