

## SKY training news

### Hello to regular and new subscribers,

If you are receiving this email in error, I apologies! You can unsubscribe using the link at the bottom of the page if you don't find any value. This newsletter comes out most months containing tips and motivational stories for your business and own personal development.

### ESI – Executive State Identification

From 1<sup>st</sup> January this year I have been a prisoner in my office, glued to the seat in front of my computer writing the book on [Executive State Identification](#). ESI is a powerful process, developed by me from Ego State Therapy. ESI can be used in a conscious thinking state to make changes in individuals and to ensure these changes stick!

Companies pay a lot of dollars on training in the hope that it will make a difference to the organisation and bring about changes to attract more business; increase profits; provide better customer service or reduce workplace conflict. Good training will produce the companies desired results, however if the individual doesn't want to change, no manner of training will make a difference.

ESI will ensure individuals and teams not only bring about change, but changes they want to have happen will stick!

ESI is about creating a 'me' that is capable of achieving goals. ESI identifies the 'parts' of you that want to make a change while at the same time identifying the parts of you resistant to change. Once these 'parts' or states have been identified a re-arrangement of ones own personal state map ensures that only those states that need to be in executive are there and the ones that inhibit goal achievement are sent into and underlying state configuration.

I have trialled the ESI process for the past 12 months with senior management, staff members and with in-mates in gaol (a truly captive audience) with outstanding results. Results, which ensure the development of high performing people!

Why not consider being ESI'd or having your team ESI'd today?

### BENEFITS OF USING ESI

#### Personally

- Become more focussed
- Achieve goals
- Feel better about yourself
- Enjoy life more fully
- Enjoy better relationships

#### In the Workplace

- Increase in staff morale
- Decrease internal conflict
- Increase revenue
- Decrease in staff turnover
- Increase productivity
- Decrease in staff absenteeism

Jan Sky developed ESI – [Executive State Identification](#) a powerful tool that ensures behavioural changes stick and also that individuals and teams achieve their goals.

A professional speaker, trainer and psychotherapist who facilitates positive changes in organisations.



**Book her services today!**

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