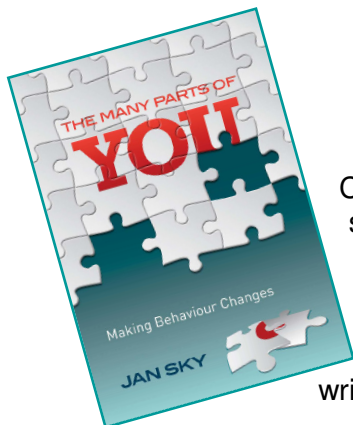


'The Many Parts of You'

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!

About the author ... Jan Sky ... jan@skytraining.com.au

After 30 years experience as a corporate trainer, coach, counsellor and clinical Hypnotherapist, Jan recognised trends that were holding people back from achieving their full potential. From her extensive studies, most recently from Ego state therapy, Jan developed a process that moves change.



Her book, "The Many Parts of You" (due for release later this year) will help you to understand the puzzle of your own behaviour. You'll be amazed by the many case studies and be given examples of how you can identify your own executive states, in particular those you need to move out of executive in order to achieve!



The book is based on her process – **ESI – Executive State Identification** and has been developed and trialed since 2006 with outstanding results. **ESI** enables those inhibiting states to be moved aside and replaced with states that promote success in the individual.

ADVANCE ORDER FORM

Please reserve _____ copy /ies of "The Many Parts of You" @ \$29.95ea (includes gst & post)
I understand that my payment will not be processed until the book is released and I will be notified before processing takes place. Payment includes delivery to my address below:

NAME: PHONE:

DELIVERY ADDRESS:p/c.....

EMAIL:

My method of payment: Visa Mastercard

Card Account Number _____

Card Holders Name: Expiry Date ____/____/____

Signature:

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

For future orders phone: 1300 787 694 or post / email the order form to

Sky training PO Box 27 Caringbah 2229 ABN 41 197 717 942

Web: www.skytraining.com.au Email: jan@skytraining.com.au