

WORKSHOP



Jude Tasker



Andrew O'Keeffe

DATE: Saturday, 26 November 2016

TIME: 9:30 a.m. to 5:30 p.m.

WHERE: Unit G13, 1-15 Barr St,
Balmain, NSW

COST: \$250 per person

REGISTER: To register for workshop:

YOUR WELLBEING:
live the life YOU want

send Jude or Andrew an email with
"Workshop 26 November 2016"
in the subject line.

PAYMENTS: Payments to be made by
19 November 2016 by direct
transfer or credit card.

CONTACT: Jude:
0437 303 446
jude@breakingtheiceberg.com

Andrew:
0412 616 047
andrewo@hardwiredhumans.com

REGISTER NOW to secure your
place and live the life YOU want.

“ Your beliefs create
your world.

Change your beliefs
and change your
world.

Bruce H. Lipton



YOUR WELLBEING: live the life YOU want

Facilitated by Jude Tasker and Andrew O'Keeffe

Saturday, 26 November 2016, 9:30 a.m. to 5:30 p.m.

Workshop Overview

Learn how to:

- Move past limiting beliefs and say an enthusiastic "yes" to your desires for health, joy and purpose
- Cultivate your true self and feel more connected to yourself
- Maintain personal power and avoid the pitfalls of submissive signals
- Create and maintain caring and supportive relationships
- Improve personal influence and avoid misunderstandings in communication.

If you'd like to achieve any of these goals, we hope you'll join this workshop with facilitators Jude Tasker and Andrew O'Keeffe.

In our day together, we'll guide you to:

1. Identify the thoughts, beliefs and actions that hold you back from the full wellbeing you desire.
2. Understand human nature and how we can use this knowledge to maintain personal power and build effective relationships.
3. Identify your goals and create an action plan to realise your aspirations.

This workshop is limited to 8 participants and will include safe space for dialogue and learning together as well as quiet time for reflection and individual activities.

Your facilitators:

Jude Tasker is a qualified PSYCH-K® facilitator. She is passionate about helping people realise their potential and live healthy, balanced and fulfilling lives. Jude's journey of helping people started as a pharmacist in major teaching hospitals and later working in the pharmaceutical industry. Along the way she realised the powerful role the subconscious plays in running people's lives and has continued to explore approaches that enable people to tap into this power and transform every aspect of their life to what they consciously desire. Using PSYCH-K, Jude helps people change their subconscious limiting beliefs into positive and empowering ones.

Andrew O'Keeffe works in the area of what makes people tick – what is our nature as humans. This helps people know what influences us, how our minds work, how relationships work at an instinctive, unconscious level. Andrew mostly works with organisational leaders but the approach equally applies to people in their general life to enable us to live the life we want. Andrew is the author of *Hardwired Humans* and *The Boss*.