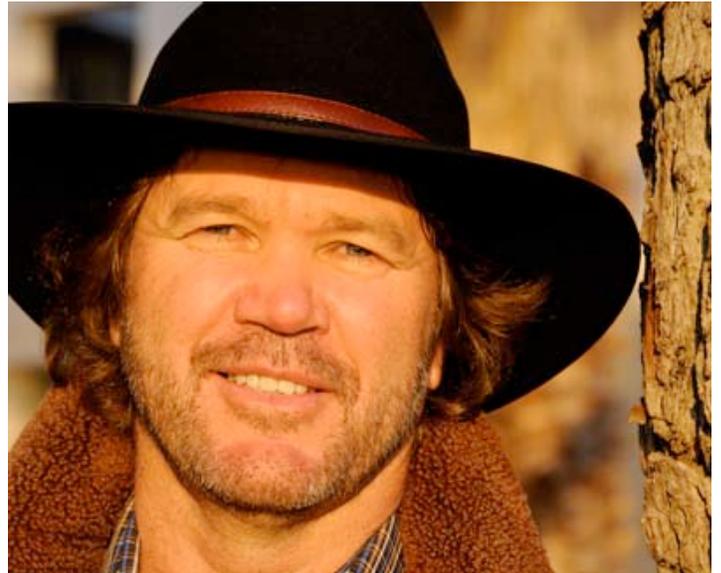


# Self Management

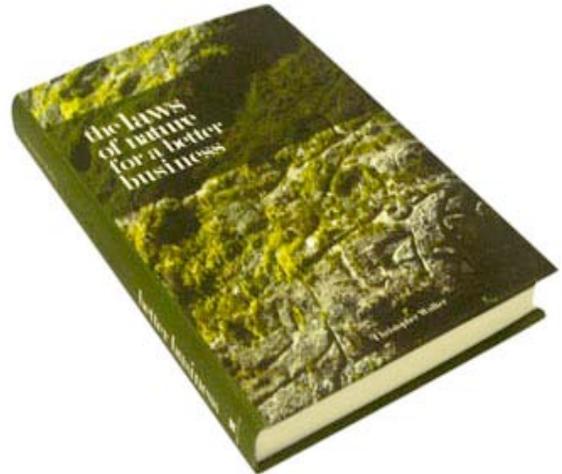
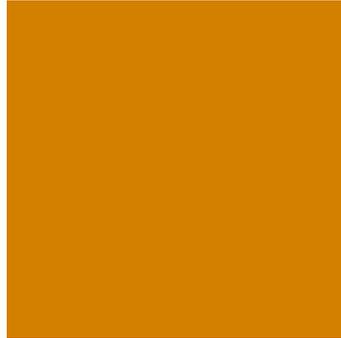
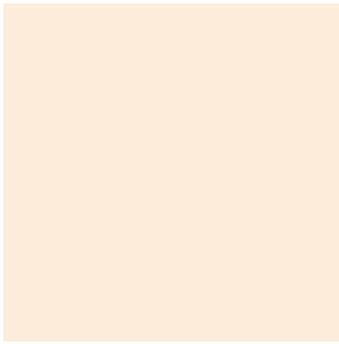


Chris  
Walker



## Self Management Workshop

**Chris Walker presents this remarkable tailor made self management workshop especially designed for you: helping organizations and individuals grow, handle stress better, deal with difficult situations and skills for confidence in coaching others through change.**



# Self - Management

## Growing awareness.

We all want control of our environment, but sometimes, this is just not possible. However, we can always control our response to situations and this is the beginning of good self-management. Choosing our responses.

There are also pre-emptive strategies that prepare us for all manner of challenge so we can handle our world better.

In this segment of your program you will have the opportunity to understand the human dynamic from a whole new, non-intellectual, totally natural perspective. It's a way of offering compassion by understanding the diversity of human emotion from a whole new perspective.

During this segment of the program significant time will be spent looking for rhythm in

behavior and therefore a greater awareness of the order in what most people call chaos.

The development of sound skills of understanding others creates:

- 1/ improved communication
- 2/ More inner calm
- 3/ Better Management Skills

This session is held outdoor if possible and incorporates significant dialogue in a question and answer format.

Each attendee will be given the opportunity to do a "self Assessment" for their body type and constitution based on the five elements of nature.

# Positive personal change through higher consciousness.

The one constant in life is change. Everything is changing including us. We are the environments we create and so, when we change the world around us changes. Personal growth is important to our wellness, family and business interests. We all need to grow.

But in which direction? Staying on top of demands means evolving our skills and self-awareness and this session is designed to support the process for self-growth.

But rather than get embroiled in psychological and new age self growth debates, we keep this area of our program highly focused on learning the Universal Laws of Nature.

Living in harmony means living in harmony with nature. We are the environment we create and so, in this session, you and your team will develop acute skills in self growth. The ability to translate emotional reaction and feel more empowered.

You'll learn skills like the collapse process and others that help you shift states of mind from reactive to proactive. The key will be learning to do this fast and authentically.

You'll also learn how to process anger, grief, frustration and other negative emotions such as jealousy and fear. This will all be achieved using the Universal Laws of Nature.

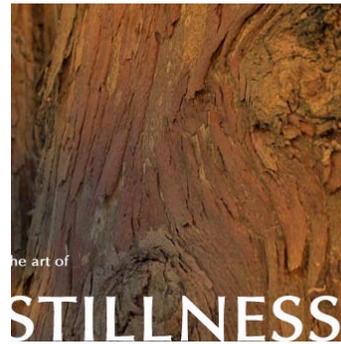
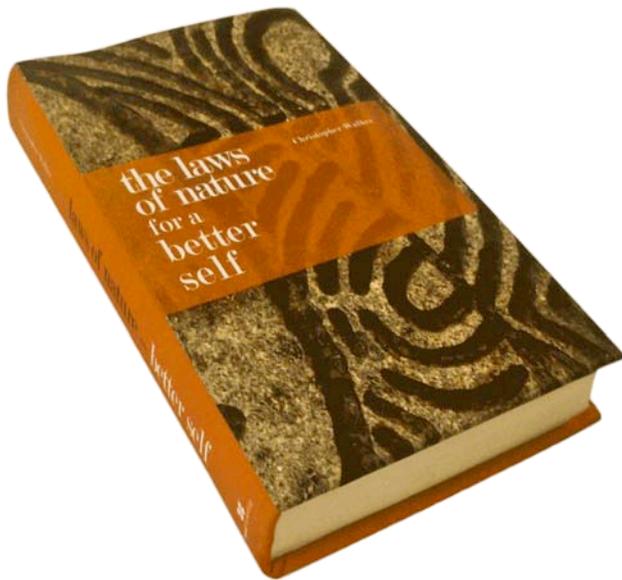
The key here is to bring home more energy that you left for work with in the morning, no matter what the day looks like, you'll have the power to transform it.

In this session you will also learn the art of stillness. This is a skill that conventional meditation and yoga masters might take years to perfect. You'll do it in hours. This gives your team the ability to find perfect stillness within, and not get lost in turmoil.

Personal Harmony is a great skill set because it increases productivity too. Not only does it help reduce stress and therefore improve health, it decreases lost time, improves focus and allows people a far wider range of choices in dealing with everyday self management issues.

This system is not based on complex psychological paradigms that place emphasis on engineered solutions to problems. Instead it focuses on nature: allowing people to make their own mind up about how each situation can be handled in a unique and respectful way.

This is great material for your team to share with others too. By learning to apply these skills on themselves, your team can authentically share them with others as a coaching or education program. The license to share this work is transferred to any or all attendees on application. This is a great bonus as license fees for this type of work can run into many thousands of dollars.



# The Laws of Nature for A Better Self...

The Laws of Nature have been derived from ancient texts dating back thousands of years. They help to explain human behavior by linking personal character with the 5 elements of nature. Now, these elements have been studied and interpreted to help you become a better you. A straight talking, honest application of the learning's of millennia, to the personal issues of today.

Through the application of these techniques, you will achieve "Stillness", a state of mind in which time stops, you feel absolutely at one with whatever you are doing. A moment of pure inspiration and for the athlete, the leader, the entrepreneur or the artist, they are moments of absolute perfection. For most

people this inspired state of mind is an accident, but by using the laws of nature you can achieve this deliberately.

With these techniques, you'll feel more centered, balanced and calm. Your health will improve because there will be an obvious reduction in stress levels, anxiety and uncertainty. The skills are already within you; they are natural, ancient and as relevant today as they were thousands of years ago.

A richer, more rewarding quality of life.



Chris Walker is a leader in the field of personal change through higher consciousness: applying the ancient laws of nature to modern times. With over 30 years helping people change, he writes his books with both the wisdom of the ages and the discipline of well seasoned hands on personal guide. Walker lives in Sydney, Australia but spends much of his life on the road working with clients which include: Indigenous communities, Federal Governments, Fortune 500's and individuals looking for fast, clear conscious change.

**Chris helps people with positive personal change using the laws of nature. In his work Walker draws on his MBA and BE as well as numerous qualifications in Eastern arts.**

This is the unique diversity you get in his books; however, Walker's real inspiration is nature. A passionate student of the ancient laws of nature, Chris spends every moment he can outdoors in the wild. This, he believes, is the connection to nature we must all cherish in order to sustain our personal humanity

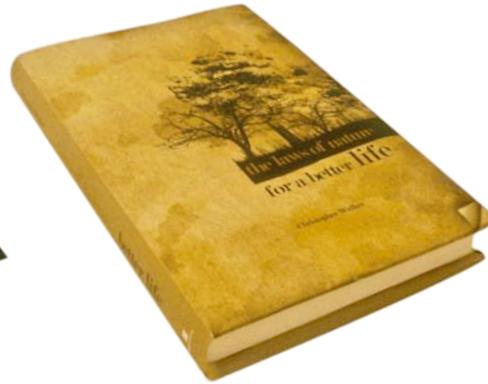


# Books For Reference



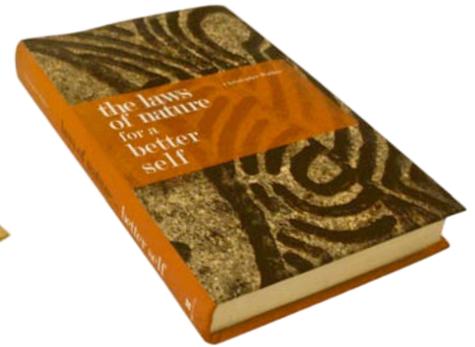
## Better Business

A great new book by Chris that explains how to handle business challenges including conflict, communication, constitution differences and difficult bosses. It's a relaxed yet, insightful dialogue with clients who have asked the real questions about staying balanced, dealing with stress, advancement, motivation and higher consciousness at work. Available in Canada July 2008.



## Better Life

Understanding the mechanics of personal change and how this affects global change is the theme of this new book from Chris. It covers topics such as personal stillness, self-growth, positive change and work life balance. The book speaks to the heart about vision, inspiration and life purpose. Available in Canada by July 2008.



## Better Self

Stillness is the art of self-awareness. It is a form of meditation that does not require elite practices. Based on the laws of nature the art of stillness is a way of drilling down through stress and emotion whenever the need arises. Better Self is also a great insight into self-management and stress reduction process. It works hand in hand with Chris's other new books, Personal Harmony and Better Relationships.

# Program Agenda

Thousands of years of spiritual, business and life common sense distilled into the length of your program  
All Programs are tailor made to suit your needs and can include multiple objectives



## Session 1. Personal Harmony

What is Personal Harmony and how does it affect our work? What are the keys to Personal Harmony and how can we help others to understand them? How do we deal with stress so that we can be more open to diversity yet, unaffected by it? How do we make sure we leave stress and emotional struggles at work? This session is designed to open the program with a real world application of the laws of nature to sustain personal balance, productive mindsets and self-awareness.



## Session 2. Self Development

in this session we study the laws of nature. We spend the day outdoors if possible and undertake a series of exercises in testing those laws and linking them to everyday life. We take the time to examine mindset and belief patterns, how they develop and how they can be changed with extreme intervention or gradual self-mastery practices. You also explore paradigms that cause radical behavioral shifts and extreme reactions and test the process of changing these reactions, looking to create a more harmonious world.



## Session 3. Vision – Inspiration – Life Purpose

The session of your program is focused on the future. A sort of vision quest based on a collusive aim and individual aim. This process provides an amazing insight as to why people sabotage or self-destruct in systems they have no alignment with. It also reveals the art of leadership and self-disciplines in the process of motivating others to change. Participants leave grounded and inspired – (we hope) – With a sense of awareness of their own personal agenda, how this links to their attitudes and motives and how all these are connected to health and wellbeing.



## Disclaimer

Fundamentalism in any society causes collisions in values. Therefore, this program respects individual right to reject or hold contradictory views to the speaker. Chris is a straight talking person. He wishes to engage in healthy, open dialogue as a teacher. However, this is a learning forum and he will encourage individuals with strong fundamentalist views to suspend judgment and participate in the program with all their heart and then, after that, make a conscious decision regarding the integrity of the process of using the Laws of Nature as a guide.

## **Contract and Terms of Payment**

Thank you for your decision to proceed with a 3 days retreat – workshop in ..... on  
.....

### **Full Investment**

We have agreed to a 3 day program to be held in .....

The daily charge is US\$..... with three program days and one preparation totaling 4 days

**Program fee: US\$.....**

Travel and Accommodation

We estimate a total all up travel and accommodation cost of

\$..... to include all meals, travel to and from the venue. If you require Chris to stay at the venue chosen for the event then the difference between our budget daily accommodation cost and your venue will be invoiced or charged to your account.

### **Deposit.**

A non refundable deposit of 50% of the total fee is required within 4 months of the program date to confirm this booking.

Please transfer the amount to our Australian Bank.

Thank you in Advance.

Chris Walker