

## About Us

### WHAT IS FOUNDATION?

Foundation offers unique training in personal, business and global development. Our programs shift personal awareness to include expansion, change and growth. We believe that it is only by beginning a journey inward that one is able to effect the change that extends outward. To that end, we offer a number of courses, workshops, seminars and programmes all of which have all been developed to empower people to take action and responsibility for their lives and goals.

### CHRISTOPHER GUY NEVILL - LIFESMITH

Christopher Nevill (born 1937) was dubbed a "Lifesmith" by a colleague attempting to summarize the broad scope of experiential knowledge held by this native South African. The range of his interests is eclectic; his reading prodigious; he has been heard to say that the last time he did a day's work was back in 1989.

In that year he changed his mind about the concept of work, stepped out of the commercial world and began to follow his passion by creating his first personal development course, known as The Harlequin Experience, which is today the corner stone of Foundation.

Christopher's expanded vision for the development of human values, in both private individuals and companies and his no-nonsense, practical and often controversial outlook on issues such as relationships, self, business management, leadership, parenthood and the meaning of life, has been forged in the crucible of South Africa - a country universally recognised as "the world in one nation". His work has had a profound impact on the lives of thousands of people in many countries and from all walks of life.

This 'philosopher with attitude' sees the whole idea of 'being spiritual' as a very pragmatic exercise and embraces an outlook on life that is built on the idea that people must understand and adapt their physical behaviour in order to realise their spirituality. His sources of reference encompass the wisdom of writers and philosophers, both ancient and modern and his views on humanity and our need to define a new future are extremely stimulating. He has recently started a PhD where he will examine the spiritual nature of companies. His thesis is titled "Companies on the Couch".

It is basic to Christopher's philosophy that the solution to whatever it is we want to either solve or create for ourselves lies within ourselves. Foundation bases its methodology on this concept. Using strategic analysis, lectures, games and processes, systems and structures, which are designed to promote a high level of self-awareness, integrity, impeccability, responsibility, commitment, accountability and team work, the work provides opportunities for profound personal and business development.