

# Personal Development

Time to bring the magic back!

Do any of these statements sound familiar to you?

- It's hard to trust people, they always let me down
- Life isn't all that much fun most of the time
- I often end up doing things I don't want to do
- I am very prone to stress both at home and at work
- I find it hard to talk about what is going on with me
- I'm so busy there isn't much time for me
- I often wonder what I should really be doing with my life
- I get upset when people won't see that I am right

The How: The Harlequin Experience is made up of two courses totalling 75 hours of profound lectures, games and processes designed to promote a high level of self-awareness. The first of these courses is Harlequin and the second is Chalice which you do once you have completed Harlequin. The solution to whatever it is we want to either solve or create for ourselves lies within ourselves. For so long as we focus externally we make ourselves victims of circumstance. You are the only one who can fix it!

The topics that you will look at:

- Your life is the way that it is because that is how you make it
  - Finding Opportunities in the Mistake
  - Relationships - what they are and how to make them work better
  - The Value and Importance of Fear and Anger
  - Blame weakens you
  - Guilt has no value
  - Giving up is not an option and Surrender is everything
  - You are your own best healer
  - The absolute necessity of a Vision for your life - how to find this
  - How to support and serve those around you
  - How to teach people how you want to be treated
  - Emotions are Life
  - Children - what are they
- The work is experiential and practical and lots of fun. Get a handle on why you do what you do. Lots of good solid practical stuff.

Some comments from previous participants:

"Harlequin and Chalice were wonderful experiences which opened my eyes to many new things. I find myself aware of so much more and can sometimes laugh at my new ability to see and notice things that had in the past, passed unnoticed." HT

"I would not say that what I learnt about life and myself has made life easier. What I do KNOW however is that I can change things to what I want them to be. That is a huge gift!" MB

"My relationships - with everyone, both at home and at work are that much richer and fulfilling" MD