



The Point of Awareness

Strategies for achieving personal breakthroughs,
transformation and success

A personal development seminar with John Gloster-Smith



"I experienced a very powerful group experience facilitated in a very skilled, safe and exceptional way. It was expertly led by group needs, but had a wonderful underlying structure which was informative and positively challenging. Close attention was paid to everyone's needs and reasons for joining the course. I cannot recommend this course highly enough. It was a wonderful experience that I know will have life changing consequences. A highly supportive experience." (JG)

Next seminar: 22 – 25 March 2012, Equilibrium, Pewsham, Wilshire SN15 3RS

The Point of Awareness

A four-day life-changing personal development programme to transform the quality of your life, work and relationships

Awareness is the key tool for change

To know and use Awareness is to give you invaluable tools of inner transformation and outer effectiveness in the world in line with your purpose

With this programme you can:

- Raise your awareness of what really is going on for you and of how to get different or better outcomes
- Resolve issues that stop you from realising your dreams
- Learn vital and effective techniques to manage your mind and find more calm and contentment
- Know and be who you really are
- Open up routes to personal self-confidence
- Create far more satisfying relationships
- Get vastly better results, accomplish your goals and achieve success in life

“Thank you for all your help - the course was wonderful and has made a hugely positive and lasting impression on me. I can't thank you enough.” (CJ)

Next seminar: 22 – 25 March 2012

Equilibrium, Pewsham, Wiltshire, SN15 3RS

9.30am – 5.00pm Thursday, Friday and Sunday; 9.30am-8.30pm Saturday

Early bird **£289.00** (till 21 February); Full price **£329.00** (from 22 February)

Book now:

To pay on-line: <http://www.johnglostersmith.com/seminar-booking-details>

Or e-mail: john@johnglostersmith.com or call: +44 (0)1249 813 188

Resolve issues and challenges that get in your way

Here are some typical outcomes that you can achieve in this program and listed as bullet points are some of the challenges that it is designed to help you resolve

(1) Get what's really going on and have the tools to fix it

Awareness gives **insights and understandings** so that you see your way through to the success you seek

- Something needs to be different and you can't work out what that is or how to change it
- Where problems been mounting up and you need a breakthrough
- You want to let go and move on from old patterns of the past
- When you feel stuck on the same issues and are out of solutions
- You want to release yourself from problems and challenges that are past their sell-by date

(2) Develop skill in managing your mind

Learning how to manage and let go of "stuff" and use your mind to be positive and be better focused

- Your mind might be too busy, stressed and over-active and you feel you have too much to do
- Feelings keep getting the better of you
- You get stuck in "too much thinking" and negativity
- You wish you could better manage and move on from your ego, your "limited self"
- You'd like your mind to be calm and for you to feel at peace with yourself

(3) Be who you really are

Knowing more of who you are, being yourself, valuing yourself, believing in yourself and living authentically

- You would like more confidence and feel better in yourself
- You want to know who the "real you" is and be who you are in life
- You want to believe more in yourself and value yourself
- You feel there's lot more of "you" to come out and be expressed in the world

(4) Build better relationships

Developing awareness of what occurs in relationships, understanding and relating to others more effectively and building bonds that last

- You are having difficulty managing certain other people and getting on with them
- Been getting negative feedback from others, like your partner, your boss or others around you
- You are in a relationship that isn't working or you are recovering from a break-up
- You are looking for a relationship but need to get some things straight first

(5) Get vastly better results, accomplish your goals and achieve success in life

To create a better reality, feel more aligned with your goals, be motivated to act and be on purpose

- You would like to find a direction and a way to live that is true to who you really are
- You wish you could think more positively and create better outcomes
- You want to know where you are going and feel "on track" in your life and you feel something keeps getting in the way of that

How it works

"The workshop has far surpassed my expectations. I realised my goals – but not in a way I expected to. I was waiting to be asked the problem and be given an answer. Instead – this morning – I found the answer and it covered years of bad emotions and a wide range of issues I had...Thank you so very much for a life rediscovered." (LM)

Like most of us, you could have various things going on or have happened in your life that you don't want. And you would like to have more peace and contentment. But what you would also like is a way to fix what's been going on and/or to make your sense of well-being into something that is real, tangible and lasting. What you probably need is some insight and help to do it. And you are willing to commit, with this help, to work to get some real tangible change.

This is a breakthrough programme which is specially designed to create the optimal environment for you to address the areas where you want to get learnings and insights that take you forward.

To begin with, the group sizes are not big, deliberately so that each participant has opportunities to get coaching and feedback whilst there is also the sense of a taught programme. The work is tailored to each participant's needs and works in a very supportive, respectful and ethical way appropriate to each person's learning style. The "here-and-now" work done in the group gives a very practical tone that enables people to see exactly what is going on for them, what they need to change and how.

Also the seminar uses multiple flexible learning situations: it contains a powerful combination of teaching sessions, useful group discussion, individual coaching within the group, insightful visualisation processes, NLP, "here-and-now" activity, evocative music, lively creative exercises, meditation, and other facilitative media designed to stimulate all your faculties and learning styles in search of positive breakthroughs.

It is carefully structured, so that

1. The course teaches **key tools and understandings** about how you experience life as you do, how you can change things, what you are capable of and who you really are
2. It helps you to **identify what is getting in your way**, and effective **means of changing it**
3. As we work a lot in the "**here-and-now**", the course will help you understand and better manage your process and your state through live, practical work, and give you practical solutions
4. It helps you learn **vital skills** in awareness and letting go, to know more of your inner centre of calm, peace and contentment which we all possess
5. It is a group coaching, personal development programme which is based on a proven expertise in working with group dynamics, modern western transpersonal philosophy and psychology, NLP and ancient eastern yogic wisdoms.
6. It teaches very positive, highly **relevant** and very contemporary concepts about how humans operate and about how we can gain true satisfaction, be effective in life and have inner peace
7. As this is a very **practical programme**, you can make choices appropriate to your own goals in life, and build **ways of applying these techniques** in your everyday life

What you will need is commitment to work on bringing about positive change in your life. After all, you are what this is all about!

"Overall this workshop has given me the opportunity to gain valuable "tools" to enable me to turn my life around. It has given me a sense of worth and more self-confidence. By analysing certain issues in my life, I have been able to address these issues and "fix" them with methods used in the workshop." (SL)

What you will learn about

It is the nature of the ego and of resistance that we feel blocked from the insight or understanding that can move us on. The **power of awareness** is that it gives what can often be life-changing insights that can transform the whole situation and move people on to a new level of being.

The programme will focus on the following key self-development areas:

- (1) **The tools of awareness:** This core, essential skill will help you to be able to
 - Identify what is going on for you, at a conscious and at a subtle level
 - See what stops you being in the Now
 - Raise your awareness of what you do that doesn't work
 - Notice what is going on that you keep missing
 - Develop proven tools based on awareness to get better outcomes

- (2) **Manage your mind:** Be able more and more to pause or stop your unhelpful mental flow and develop focus
 - When your mind gets "caught up" in stuff that doesn't serve you
 - How you create your reality, for good or for ill
 - Be able to recognise when your ego is present and how to manage it
 - Take charge of your mind and shift your state to a calm, centred and balanced state in a way meaningful to you

- (3) **Be who you really are:** Recognise and connect with your authentic Self
 - Understand the nature of your real self
 - What for you is authentic and real
 - Develop skill in being aware of and connecting with who you really are
 - Understand the Ego and how it shows up in your life: It's not all of who you are

- (4) **Build better relationships**
 - Understand the function of perception in your life
 - How problems with other people occur – and how you can manage them
 - Relationships with others and ways of resolving them
 - Deal with unfinished business
 - Learn how to let go and move on

- (5) **Get vastly better results, accomplish your goals and achieve success in life**
 - Be who you really are in today's world and live true to that
 - Know what will give you new meaning and purpose
 - Create your empowered vision
 - Keep your feet on the ground in the "real world", and stay on track
 - Be in a position to commit and take action aligned to your purpose

"I like your facilitation style, John. I felt safe and that the group was held in the process we were living" (LD)

How others have benefitted

"My initial thoughts about participating...were of fear and determination to get what I needed. In doing so I learnt very valuable lessons about myself within the group that was familiar to patterns at home. John was brilliant. Just when I thought I may not get what I wanted by this course, the penny dropped as if it fell out of the heavens and it seemed to happen for all the group at the same time - mind blowing." (JMCC)

People who have taken part in this work, have seen great results from the program, not just immediately but also over the long-term as the learnings have been integrated and applied in life. Here are some of the ways they have benefitted:

- People around them often report that participants are very positively different
- They look much happier, more relaxed, more open, and they smile a lot!
- Many write later: "It changed my life". Many use words in their feedback like "life-changing", "transformative", "life-enhancing", "empowering", "beyond expectations"
- People have changed jobs, getting out of ones they weren't enjoying, and started new careers; others have massively accelerated their careers as a result of this work
- Many have started new relationships or revived their existing ones
- People report being better managers or more able to leverage their working relationships, self-awareness being a core area of the emotional intelligence competencies of leaders
- Many speak of making lots of positive changes in their lives
- People report having much more energy and enthusiasm
- One has at last started to enjoy her retirement and is "growing old disgracefully"!
- Another has simply said she feels a lot better in herself
- Many speak of gaining or re-gaining self-belief and self-acceptance

"I have been fortunate enough to have attended John's workshops where his coaching skills, facilitation and overall abilities to aid a person in their personal development have been excellent. The groups I've been a part of have benefited enormously from his talents and experience. John's approach is one that puts a person immediately at ease and he has a great ability to hear what's not said as well as what is said. He has a good enquiry technique which is gentle yet persistent, always pacing the client well in order to help them get the best out of themselves and to be able to move forward with confidence. His observations are astute. Despite my long corporate experience in the Music Industry and at senior management level, John has helped me discover aspects within that I've not previously recognised." (RK)

About your group leader



“Beyond expectations. I feel this will be life-changing and life-challenging as well as life-enhancing. I feel extremely privileged to have been here now and to share in a special place, a safe nurturing atmosphere and with a unique, talented leader.”(JK)

John Gloster-Smith is a teacher, group facilitator, coach and writer, working from a Transpersonal perspective. He holds a Post-graduate Certificate in Education and BA (2:1) from Oxford University. He is an NLP Master Practitioner and is accredited as a coach with the Association for Coaching.

He has trained in Gestalt Therapy at Metanoia Institute in London, and in hypnotherapy and NLP. He has studied Siddha Yoga with Swami Chidvilasananda. He has many years experience in developing people’s potential, first in education to Head of Department level and then in open programmes and in corporate environments. He is author of *“Connecting to Inner Peace”*, is married to Akasha Lonsdale, a psychotherapist, author and Interfaith Minister, and has two grown-up sons. He is, with Akasha, a director of the Empowering Partnership Ltd.

“John is an outstanding consultant, a consummate professional and invaluable asset in supporting both organisational and individual change. Embracing the needs of the individual he is working with, John draws from a vast repertoire of skills and knowledge to achieve the desired goals.” Jennifer Ibbetson, Director International Account Management, Right Management Consultants.

“This workshop has drawn out in me the courage I needed not only to recognise my instinct but to follow it. I understood better the things that have stopped me doing so in the past. Before I came, I thought I did not know what to do; now I recognise that I knew all along but did not know it!”(JS)

“I felt encouraged, supported, challenged and held to the point that I managed, in spite of my resistance, to contact my deeply held negative beliefs about myself and have a sense that I could begin to accept myself as others had. What a gift!”(LD)

How to book

Dates: 22 – 25 March 2012

Venue: [Equilibrium Natural Health Centre](#), Chippenham, Wiltshire, UK, SN15 3RS

Time: 9.30am-5.00pm each day, except for 8.30pm finish on Saturday.

Investment: Early bird **£289.00** (till 21 February); full fee **£329.00** (from 22 February)

Booking and payment options:

- (1) **Pay on-line by credit card** at <http://www.johnglostersmith.com/seminar-booking-details>
- (2) **Payment by cheque:** Please make your cheque out in pounds sterling payable to The Empowering Partnership Ltd and send to us at 21 Fynamore Gardens, Calne, Wiltshire SN11 0UA, UK.

We will then promptly send you a confirmation and a registration form by e-mail.

By a week before the course, we will send you joining instructions, telling you more about the arrangements, how to get there and what you will need to bring for the course.

Cancellation: Your booking can be cancelled by you at any time up to 1 month before the course start date with a refund less a £10 administration fee. After that date, the fee is 50% refundable up to 2 weeks before the course, and within 2 weeks it is 100% non-refundable. If for unforeseen reasons we had to cancel, all money would be refunded.

The venue: The venue is Equilibrium, Pewsham, Chippenham, Wiltshire, SN15 3RS. It is a stone-built converted barn located about 20 mins off the M4 on the A4 in the countryside just east of Chippenham (which also has a mainline London Paddington-Bristol station, 1.15 hours from London and bus or taxi access to the venue). You can drive to Junction 17 on the M4 and take the A360 to Chippenham. Then follow signs eastwards towards Calne on the A4. Equilibrium is a half-mile beyond the last roundabout going out of Chippenham, on the left. See http://www.equilibriumnaturalhealth.co.uk/find_us.html

Accommodation: On-line are details of some local places to stay, at different levels. The area is one of outstanding natural beauty and we therefore suggest places located in good locations where you can combine coming on our course with seeing something of the locality, such as Avebury stone circle, the Marlborough Downs, Bowood country house, Lacock, and Castle Combe. The last two are picture postcard traditional stone-built English villages with plenty of places to eat. The famous 18th century spa town of Bath is 20 miles away. See <http://www.johnglostersmith.com/local-accommodation>

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