

Invitation



Up your game: Make your efforts count

1 July 2017 • University of Pretoria



Join us at:

University of Pretoria

Centre for Wildlife Management
Hatfield Experimental Farm
South Street, Hatfield
Saturday, 1 July 2017

Register by 31 May 2017:

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Personal development is a life long journey to unlock our potential and find our niche in life.

This workshop is designed to help you on this journey of knowing yourself and unlocking your potential. The topics cover the main aspects of life and illuminate how these affect your ability to perform at your best in your work/study life and personal life.

Mathilda v. d. Vyver (B.Occ. Ther., MBA) is facilitating this workshop as part of an agreement with the C-I-B which is supporting her MPhil studies in Business Coaching.

Programme

07h50	Arrival
08h00	Introduction
8h30	Motivation, Strengths, Resilience, Goals
09h30	Lifestyle & Performance
10h30	Tea break
10h45	Lifestyle & Performance continued
11h15	Winning habits—relationship with money
12h00	Lunch
12h30	Winning habits—relationship with time
13h30	Winning habits—raise the performance bar, time suckers & solutions
15h00	Tea break
15h15	Life strains: managing stress, anxiety & depression
16h30	Evaluation & checking out

Workshop Feedback

The workshop was very helpful. It has helped see challenges and life in general in a more positive way.

More comments:
IT IS A VERY USEFUL WORKSHOP. IT SHOULD BE OFFERED AS PART OF FIRST YEAR POSTGRAD TRAINING. MAYBE TRY AND GET THE CIB TO MAKE IT A COMPULSORY WORKSHOP FOR STUDENTS.
THANK YOU FOR ALL THE VERY USEFUL TOOLS.

This workshop really helps because it deals with what goes around you and the reality and it opens your eyes about many things that are of great importance into your life.