



PAMELA BAKER

Dip TCM (Aust), Dip Acup (China),
Dip nutrition, Cert CS I & II
Cert Reiki I & II, Cert TFT,
Cert Aurasoma, CT I, II & III,
Cert CR I, II & III

Pamela believes looking good, feeling vital and healthy is intertwined with our ability to empower ourselves. Self-esteem, the power to direct one's life and live as we choose with integrity comes from being connected to ones inner power and true potential.

To teach others and guide them towards leading the empowered life they deserve has become Pamela's passion.

Pamela graduated in 1985 after completing an internship in China. For the past 20 years she has gone on to study and incorporate other mind/body modalities, adopting a more eclectic approach to health, healing and personal growth.



TRAN ONG

B.HlthSc (UTS),
M.HlthSc (UTS),
Cert acup (China)

Tran believes that self-fulfilment and abundance is obtained when one has the strength to follow one's dream, passion and potential. This involves being connected with oneself in order to hear and trust one's own inner voice.

Tran believes health and wellbeing stems from one's ability to openly express and communicate to oneself and others, on an emotional, psychological, spiritual and physical level.

Tran gained her masters from the University of Technology, Sydney in 2000. She uses diverse techniques to achieve health, healing and personal development.

Registration

To register, contact :
Tran: 0413 126 826 or
Pamela: 0425 244 401
Email: Tranong@gmail.com

Venue:
Suite 701, Level 7,
12 O'Connell St, Sydney 2000

Full Fee: \$220
Earlybird by 1 April 2009: \$190
Bring a friend: 50% OFF full fee



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Change more than your appearance. Make a lasting difference today!

You can achieve real personal growth and open yourself to the possibility of living to your full potential, with these in-depth seminars.

These series of workshops are for you, if...

- Your life is not going in the direction of your choosing
- You have trouble getting what you want
- Your life is a treadmill
- Opportunities are passing you by
- You find change difficult
- You are experiencing conflict at home or work
- Others are dictating how you live your life
- You too often, feel frustrated, stuck, unhappy or unwell

Learn the following in a fun and supportive environment

- How to ask for what you want
- Understanding power dynamics
- Abusive power versus cooperative power
- Attract positive people, relationships and circumstances in your life
- Gain emotional management techniques
- Gain health, happiness and self-fulfilment
- Gain strategies to deal with life's challenges



SEMINAR 1

Seminar 1 will enable you to explore experientially, what it is to be empowered. You will learn coping skills and strategies to gain more confidence dealing with difficult situations. Learn to change an attitude of win/lose to one that is more effective and enhances communication in all forms of relationships.

You will learn..

- What it is to be empowered
- To change a Win/Lose attitude
- Body language techniques
- Verbal language skills (active listening, reframing and building rapport)
- To manage your emotions
- How to ask for what you want
- Psychological types

SEMINAR 2

A more in depth flow on from seminar 1 where the role of power bases is introduced and your position on the "power triangle" is explored. Learn to change your use of power where necessary. Learn how to make decisions around choice and discover who is really at the helm. Realise how various emotions affect your health and decision making abilities.

You will learn..

- To understand how you use power
- How others use and abuse power
- How your core values determine your personal boundaries
- To recognize when your boundaries are being abused and what to do about it
- The importance of cooperative power
- The power of choice and how to exercise it
- How various emotions effect your health, from a Chinese medical approach

SEMINAR 3

Synchronicity, meaningful coincidence or the law of attraction, however you want to refer to it, is an amazing phenomena operating in all our lives. Learn how your sense of personal power, self-esteem and focus affect your decision-making either enabling or disabling you to tap into its potential.

You will learn..

- Understand the power of synchronicity and how it is the key to abundance
- How the quantum universe is ready to support us
- Love and fear, how they can enhance or block our power and growth
- The power of symbols
- Meditation and stilling the mind to increase awareness
- Having fun with synchronicity
- The power of gratitude