



The Foundation Course

Towards an Understanding of Self

The Setting Courses are held in Warrandyte North with intimate groups ranging between 2-5 participants. This small group setting encourages a warm supportive environment where empathy and trust supports personal growth and has even led to some lasting friendships.

Each course runs for eight half day sessions on either weekdays or weekends. Times and dates are flexible and decided jointly by participants.

The Challenge The aim of this course, is to discover and therefore understand the unique perception of your reality and to see how it is expressed in your behaviour. You will be challenged to look deep within yourself, your beliefs and their repeated outcomes, to reveal which archetypes (behaviour patterns) constitute your personality to then explore their foundation and meaning and recognise how they play out in our life. Revealing “Why you do the things you do”.

The Journey Through meditation, introspection and discussion, you will identify your unique characteristics, or archetypes, that in sum, can describe ALL of your behaviour patterns. This course gives you the opportunity to go beyond the theory and directly apply these insights into your life, leading towards a deeper understanding of self – The process of empowerment.

The Outcome You will realise that you are the only one that can affect change in your life, a change that can only come through an understanding and subsequent adjustment of your beliefs. You have a unique personality that thinks and acts in a distinctive way and through the course you will be challenged to awaken your inner voice. Once this door of self-discovery is opened, it remains permanently open, offering you the tools for change and the constant gift of growth and empowerment. Giving you an opportunity to complete your life circle from potential, to the realisation of your True Life Purpose and finally, to crystallise your life direction.