

Positively Empowering Parents and Friends Network



Life Success
Coaching & Education

*“Empowering People
& Inspiring Lives”*

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Background

Inspirational Life is a professional Life Success Coaching and Education Company focussed on empowering people and inspiring lives through personal and group coaching, workshops, seminars, and other support mechanisms that allow people to live the life they were born to live - a life of joy, abundance and unbelievable happiness.

Inspirational Life has recently partnered with Bay View State School to deliver a Leadership for Life program to the Senior Leadership Committee. This year, the six units that are being delivered will be the basis of a wider leadership and empowerment program that we are hoping will be available for years 5-7 next year at Bay View State School and any other state school in Queensland that is interested in taking part.

This unique and very powerful student program is designed to provide significant leadership, success and behavioural models that will support the children through both their school and adult life.

Parents & Friends Program: History

It is proven that in a village, the elders hold the knowledge (the ancient and modern wisdom) and hence the elders become the teachers. As part of this process, the parents in the village learn the same knowledge and are able to better support their children. In other words, the child's circle of influence are all on the same page and can be supported by any member of their community, learning and growing through individual skill sets, but with a strong cultural foundation designed for success on every level.

Positively Empowering Parent's and Friends Program

The Positively Empowering Parent's and Friends Program is designed to support you as an individual and to share with you, the same positive and powerful information that some of your children will learn – therefore, creating a powerful village type support network for each other and for our children.

There are many benefits to the Positively Empowering Parents and Friends program, including shared parenting, the building of positive relationships, friendships, business connections, personal growth and much more (including the possibility for new positive community projects to be born).

We know that when we positively empower ourselves as individuals, when we feel as though we are fulfilling a purpose and are achieving our goals with joy and passion for life, when we have strong coping strategies and a positive outlook in life, we are in a much stronger place to better empower our children. We become better role models, better citizens, and believe it or not – we become healthier too!



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2010 Program

Being that we are running the program fortnightly during school terms, the 2010 program allows time for us to participate in nine sessions before the end of the school year.

We will be offering two time slots for you to choose from (or you can attend both if you like.)

Day: Tuesdays

Duration: 2 – 3 hours (note: depending on the number of people in attendance and what we are covering on the day, sessions can vary between 2 – 3 hours, but we will aim to keep it closer to 2 as often as possible.)

Evening Session: 6.30pm-9.00pm Bay View SS Staff Room (Corporate Services Centre)

Your Investment: \$22 per session (discounted from our industry rate of \$44 per session – gst inclusive) or
Package: \$150 for all 9 sessions (saving \$48)

Date	Topic	Overview
1. 27 July	Why You're Getting the Results You're Getting	If you're happy and successful – how did you do it? If you're unhappy and not so successful – how did you do that? It's simple – when you know! And it's often completely over looked!
2. 10 Aug	You and Your Values	What's important to YOU? Is this Your life – or someone else's? Why Values are so important and why knowing them is even more important.
3. 24 Aug	The Language of Leaders	The power of the word! Goal Setting. Your life can change after this session – if you choose!
4. 7 Sep	Empowering Beliefs	Get rid of the unresourceful beliefs that are holding you back and move forward with some positive ones that will help you get what you want.
5. 5 Oct	A Wining Attitude	What 's the key? There IS one. It's simple. And it's Significant.



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6.	19 Oct	What do you REALLY want?	Identify what you want and get clear about it. Re-setting your goals.
7.	2 Nov	Action Planning	How to plan and take successful action toward what you want.
8.	16 Nov	Universal Laws	You've heard of the Secret "Law of Attraction" but what is it really and is that all?? No, it isn't!
9.	30 Nov	Tools for Success	The Secret hints and tips that can bring you all you want in life...
10.	TBC	TBC	Quantum physics and your life.

Your Facilitator: Gayl Regina
Managing Director and Senior Life Coach
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Your Support: Monica Kennedy
Holistic Counsellor, Art Therapist
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Resources: You will receive a program manual to work with.
Tea and coffee will be provided. 😊

Registration: Please Complete Registration Form and Return to

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