



Resource Realizations Seminar Programs



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Discovery

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Challenging, Stimulating, Thought-Provoking, Creative Tools, New Choices, A Catalyst For Action.....That's **Discovery!**

Discovery is a high intensity personal effectiveness seminar designed to impact the quality of your life. Through self-directed examination, you will discover how to reinvent attitudes, beliefs, and behaviors which directly influence your personal and professional relationships. Learn to utilize the power of choice to virtually reshape your perspective on every area of your life.....past, present and future.

Discovery is an experiential-based seminar where personal exploration is achieved through large and small group interaction, one-on-one process, visualization techniques, and facilitator-driven lectures. Self-disclosure and feedback are integral to the **Discovery** process. The interactive nature of **Discovery** allows participants to experience a greater sense of investment, inclusion and ownership in the processes as well as the outcomes.

Those who have participated in the seminar report greater closeness in their relationships, greater energy in their quest to achieve their dreams and goals, and an increased confidence to participate in life. **Discovery** is facilitated by highly trained professionals and will provide you with new perspectives on:

- Achieving a greater degree of intimacy and support in your personal relationships.
- Gaining a clear sense of purpose and direction in order to impact the quality of life.
- Enhancing your self-esteem, self-confidence and credibility with others.
- Gain greater awareness of what it means to expand your realm of choices with regard to critical life situations.
- Learn to interrupt unconscious mental and emotional cycles which tend to sabotage results.
- Initiate a greater level of clarity about what drives your decision-making process.
- Discover the power of risking beyond fear and other self-imposed limitations.
- Learn to use feedback as a creative mechanism for producing results and getting through to others.
- Regain the experience of joy and spontaneity in the pursuit of everyday life.
- Experience renewed levels of energy in both your personal and professional endeavors.

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