



Thinkright *for life!* Personal development for people who want MORE out of life

You really can **HAVE, BE and DO** whatever you genuinely want in life! A healthy balance between life and work, with clear goals and positive expectation for the future is what everyone wants!

We live in arguably the most stressful time in history. Stress overload manifests as worry, low self esteem, poor health, tiredness and sometimes even depression.

Life is happy and abundant when we practice healthy life strategies and this workshop will put you firmly on the path to achieve optimum positive results.



This is a **healthy** programme!

Join us for our full day workshop and learn to:

- gain clarity on where you want to be in life and create a clear plan for achieving it;
- eliminate negative stress simply and effectively;
- increase your personal confidence and self esteem;
- build and maintain awesome focus to keep your motivation and enthusiasm powered up!

At Thinkright Achieve More we support, guide, coach and mentor individuals from all walks of life towards living their best life - think of it as a fitness programme for the mind, and like any muscle, the more you work on it, the stronger and healthier it becomes!

Get in touch with your "happy factor", achieve your goals and feel GOOD!

ThinkTANK Monthly Group Coaching

For many of us, maintaining that motivation and focus in the days and weeks after any personal development workshop is a challenge. This is where ThinkTANK steps in to help!



Participation in monthly group coaching keeps you on track towards your achievements. ThinkTANK is very social and friendly and you also enjoy ongoing monthly:

- inspirational personal development speakers on a range of relevant topics
- extensive personal development tools to implement into your daily life
- coaching on your current challenges in a supportive, positive environment.

People who experience group or individual coaching simply move forward faster towards achieving their goals.

See our website for TT dates and details!

A taster of testimonials from happy clients...

Sometimes it just takes someone else to guide you in the direction you know you want to go! Coaching with you Lorraine, has really helped me to get focused on what I want to achieve both in my personal and business life. Thank you.

Jackie Price, The Kitchen Table Network, Cleveland

I was suffering from chronic stress when I found Thinkright. Their relaxation and goal setting tools are great! I'm relaxed and positive about my life again, thank you so much! **Pete Jamison, Clayfield**

ThinkTANK keeps me motivated and continually helps me step out of my comfort zone and I love it! Lorraine is warm, friendly and very passionate about what she does, and really makes you believe in yourself. **Sue Deans, Wynnum**

Full day: Sunday 9 November 2008

Time: Arrive: 8:45 am **Finish:** 4:30 pm

Venue: Thinkright Training Room
11 Dalston Street,
Wellington Point, Qld 4160
(approx 35 mins from CBD)

Phone: 0421 003403

Fax: (07) 3822 8810

Email: info@thinkrightachievemore.com.au

Web: www.thinkrightachievemore.com.au

Course Fee: \$165.00 (incl. GST)

Early Bird: \$140.00 (incl. GST)
(booking 14 days prior to workshop)



What's included:

- Morning tea
- Awesome lunch
- Afternoon tea
- Full workshop materials
- Follow up coaching
- \$1,000,000 (yes, only at Thinkright!)

Plus receive your bonus relaxation CD: Belief is everything!

To register: Complete a registration form on our website www.thinkrightachievemore.com.au or call Lorraine on 0421 003403 – Maximum of 14 attendees per workshop, so booking is essential ☺