

Balancing Pleasure and Achievement in Your Life

A workshop for anyone interested in lifestyle balance

This popular workshop is open to anyone who is keen to review the balance of their lives. It is based on ***When Happiness is not Enough: Balancing Pleasure and Achievement in your Life***, the acclaimed self-help book released by Exisle Publishing in 2011.

The Pleasure Achievement Principle states that "In order to live a fulfilling life, we should strike a considered balance between Pleasure and Achievement". Some of us need to tighten up and set personal goals, while others need to loosen up and relax.

The workshop reviews the broad application of the 'Pleasure Achievement Principle' across the ages and stages of life, and also to a variety of contemporary lifestyle issues.

Entertaining and thought provoking, this workshop will allow participants to use the model to:

1. discriminate between 'pleasure' and 'satisfaction' in their lives
2. recognise their personal preferences using the questionnaire
3. review their lifestyle balance:
 - i. at home
 - ii. at work
 - iii. in their leisure pursuits
4. plan for a more considered balance in the future

Participants will leave the workshop with a clearer understanding of their lifestyle preferences and a structured personal plan for living a more fulfilling life.

As part of the registration fee, all participants will receive a **complimentary copy of the book (RRP \$35)**, a self-assessment questionnaire and a self-review booklet.

Endorsements from previous participants

A genuinely useful workshop. I quickly realised that my life needed a greater sense of purpose. - Peter B.

I had never been to a personal development workshop before, but found this to be a fascinating opportunity to look at myself in a non-threatening way. A real eye-opener ... and fun! - Karen W.

I realised that I'm an achievement-oriented character - a 'list maker' who is happy to cross things off as they are completed. Other people are quite different. The workshop created a much better understanding of my relationships with others. - Cathy P.

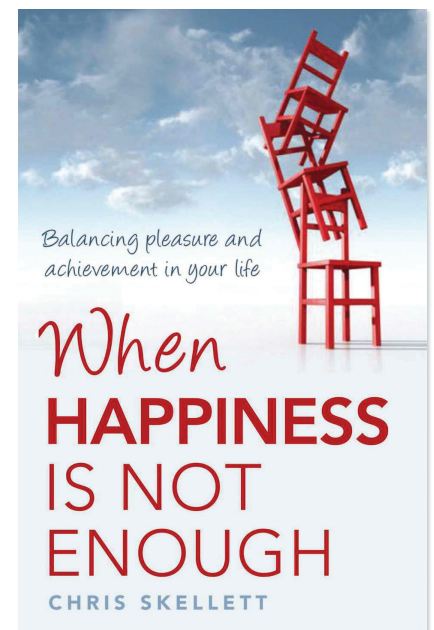
My tendency towards pleasure and fun just wasn't satisfying. I wasn't ever going to develop to my full potential. I needed to make some changes in my life. - Jane G.

I was completely out of balance. Stressed at work, always competitive and angry at home. This workshop was brilliant for me. Suddenly, I could see the world in a different way. - John B



Presenter **Chris Skellett**
MSc Clin Psych FNZCCP
Clinical Psychologist and Author
Dunedin, New Zealand

Chris has 35 years of experience working as a clinical psychologist and executive coach. In recent years he has written two highly acclaimed personal development books promoting the value of 'self-evident truths' in therapy.



When Happiness is not Enough considers the need to balance pleasure and achievement in one's life.

For more information
call **Chris 0064 3 482 2689**
or email skellett@actrix.co.nz
Workshops tailored to specific groups on request.