

Valuing Personal Wisdom and Insight

A workshop for anyone interested in using structured reflection to consider their personal wisdom about life.

This popular workshop is designed to encourage participants to reflect purposefully about their key learnings in life. It is based on the highly regarded book *The Power of the Second Question: finding simple truths for complex lives* (Exisle 2014).

Using structured self-reflection, participants work through a series of exercises designed to help them develop a clearer understanding of who they are, where they are going, and what life is all about.

By asking thoughtful questions ('Second Questions') of themselves, people discover how to:

1. Reflect purposefully on their lives
2. Capture and value 'aha' moments and personal insights, and
3. Celebrate the simple truths that experience has taught them

The workshop is both thought-provoking and energising as participants pause to consider the bigger picture to their lives. Sharing personal insights is a great experience, and builds self-awareness and confidence.

The workshop is offered as a two hour, half day or full day experience. As part of the registration fee, all participants will receive a complimentary copy of the book (RRP \$35), and a self-review workbook.

For more information

call Chris 0064 3 482 2689

or email skellett@actrix.co.nz

Workshops tailored to specific groups on request.



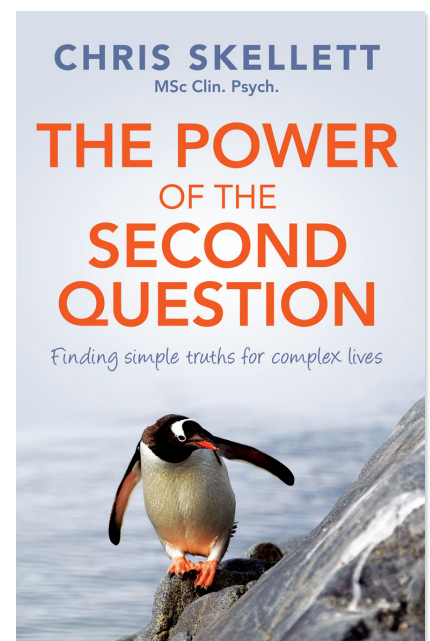
Presenter **Chris Skellett**

MSc Clin Psych

Life Member NZCCP and BABCP

Author of *The Power of the Second Question* Exisle Publishing, Sydney 2014

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.



The Power Of The Second Question reviews the role of asking good questions to promote increased self-awareness.