

Are You Connected?

Workshop information



Maximise your Emotional Energy Now!
Explore your OWN Energy Power System effectively!

Get connected. Discover the truth about the Heart and Mind becoming ONE solid force of energy to make your employees and business thrive again. Feeling energy from the heart is a 1000 times stronger than thinking power from your brain. Think again! This paradigm-shattering workshop will free you from negative forces (WRONG thinking) and inaccurate training that could have blocked your way to living an empowered and healthy life in the workplace.

You have no idea what you are capable of!
Let us help you to **CONQUER what is considered as normal.**

Understanding Heart Power

This presentation goes beyond the mechanics of self-empowerment and explores the deeper issues and honest ways of creatively managing your emotional, creative and spiritual aspects of the most challenging, maddening and explosive journey, called LIFE.

I want to help you discover and unlock your potential by addressing your heart and soul for full blast empowerment. Your vision will go where your heart is!
True self-empowerment begins in the heart.

I believe that if we apply our emotional and spiritual energy well, we can create miracles in our own lives, and also help others to create miraculous changes in their lives.
This presentation is backed up by the accurate scientific studies and empowers the workforce with verified information.

‘The Secret’ tells us we can have it all if we believe we can.
The Secret does not tell us that we need our HEART in perfect harmony with our brain to live a successful and healthy life.

I will also include some lively stress-buster exercises in this six-hour presentation and surprise employees with how the BODY can be their greatest ally in times of stress.

Do you know that neurological stress limits your performance in all areas of life?
Did you know that ‘simple’ well-researched information about how to use your body when you are stressed and anxious can seriously change the way you apply knowledge?

You are invited!

The workshop is so designed that employees participate and interact every 30 minutes. Choose a day and book us for a specific date. The duration of this presentation is six hours, refreshment break included. Provide the venue and equipment. Total cost is R12 000.00 plus travelling and accommodation when necessary.

More about Annie:

Annie is an internationally recognized Speaker, Trainer and Author on Human Empowerment and especially well embraced in areas where Creativity, Emotional Intelligence, Leadership and Team Building are required.

Contact our Office for a Booking Form.

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