

Life Mapping Workshop®

In just one day, Gustav Gous will show you how to plan all aspects of your life. He will help you bring it all together into one big "life map that you can start acting on right now! The workshop goes way beyond time management and goal setting ... it takes you into an entirely new realm: balanced life planning and life mapping. It will benefit both you and your company.

The sad fact is that we take more care in planning work projects, birthday parties, and vacations than we do planning our lives! This workshop provides you with a day of focused life planning ... you don't just plan each separate aspect of your life ... you ALSO place every part of your life into a single, balanced "life map." Ask yourself: Where am I on my life journey and what do I still want to do? In one day you will be taught how to plan the remainder of your life to ensure the greatest degree of happiness.

Who should attend? Everybody alive! From entrepreneurs to top professionals to students ... people from all walks of life have benefited from learning this Life Mapping process. The slogan for the workshop is: "If you have a life, let us show you how to plan it; If you don't have a life, we'll show you how to get one!"

The take-aways from this workshop:

- Your whole life mapped on a single page (A1 personalized life map)!
- Life/work balance and integration
- Attention to detail within the context of the big picture.
- A personal growth plan to bring out your brilliance: Shaping the diamond
- A life plan: how to go effectively in the right direction, living your life's purpose
- Focused attention on often-neglected aspects (such as relationship life, etc)
- Career planning and getting money to work for you
- How to leave a great legacy
- Overall improvement in your level of personal happiness

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- **"Excellent. This workshop is the foundation for my sustainable future life growth. It contains the seeds of my success - Mark Pearce, Award winning Franchise Owner**
 - **"Gustav is inspirational ... one day with him has changed my life – forever!" - Andrew Lucas, Business Owner**
 - **"Great concept, engaging, compassionate!" - Mark Manley, MD: Crucial Consulting**
 - **"Much more than I anticipated! Wow!" - Ronel Breedt**
 - **"Magical, insightful, worth every penny" - Michelle Yssel**
 - **"An inspirational, eye-opening, and life-changing workshop" - Stephan Swart**
 - **"Gustav is in a class by himself as a motivational speaker; his international experience adds great value" - Mike Bester: CEO: Realty1 International Property Group**
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Dr. Gustav Gous' presentations, seminars, and interventions include:

- The Diamond Dream Team
- The Diamond Profile Executive Development Program
- Use Stress to Achieve Success
- Are you a Go-Getter or a Go-Giver? Motivation beyond the summit
- Inter-Cultural Intelligence at Work
- Emotional and Leadership Intelligence
- The Short Walk to Freedom: Robben Island seminar
- "The Game of Life and How to Play It" Seminar
- Life-Mapping Workshop

Method: Proven content packaged in a lively entertaining interactive format with experiential multi-media visuals/music. Latest computer technology used to present the well researched A1 Life Map that serves as the template for the workshop.

Gustav Gous is an internationally-known speaker and facilitator who has inspired, entertained, and touched audiences in Europe, Africa, and the Middle East. You and your organization will benefit from his presentations' tested content packaged in his unique entertaining style. Gustav's expertise in the fields of leadership, life planning, motivation, emotional intelligence, and intercultural intelligence will help to bring out the brilliance in all your people. He has helped many companies increase their bottom line and helped people improve their quality of life. www.gustavgous.co.za , gustav@gustavgous.co.za

