

Satir's Personal Effectiveness & Growth Model

A Self Transformation Program

Target Audience: Any individual who want a more fulfilling work/life balance

Expected Outcome

At the end of the course, attendees should be able to:

- Understand how the Past has impact us currently
- Paradigm shift and breakthrough on the our Past
- Anchoring the Mind to the future
- Identify different type of coping patterns
- Prepare family maps to understand the family of origin
- Sculpt relationships among family members and bring automatic coping patterns into awareness
- Transform problems into positively directional goals
- Learn the Satir process of therapeutic change
- Access, accept and utilize internal strengths and resources
- Transform family rules that diminish your self esteem
- Map the internal processes and change behaviours, feelings, perceptions and expectations
- Reduce the impact of past events and negative experiences

Embracing the Transformation

The focus of this series of 6 days program will be Satir Transformational Therapy to bring about transformational, energetic change. Satir's uniqueness is the intrapsychic and interactive components of therapy that aids to enhance self transformation. In the past, therapy is commonly focussed only on behaviours, beliefs, or feelings. With Satir Model, it facilitates change at the level of being, so that participants can accept and deal with pain, problems, and also live with **inner joy** as well as **peace of mind**. Participants will learn how to tap the deeper yearning of individuals and help them work towards a sense of wholeness as experienced in greater self-transformation and higher self-esteem.

Would You Want to Know...

- | | |
|---|----------|
| • why you find it hard to change? | Yes / No |
| • the impact of your past to you now? | Yes / No |
| • what is your inner desire? | Yes / No |
| • what is required to breakthrough in your life? | Yes / No |
| • how to increase self worth? | Yes / No |
| • How to continuously building good relationship with others? | Yes / No |

Results: How many YES do you have?

>5 : This is for YOU!

3 – 5 : Come & discover more

<3 : Congratulations! Joint us to reinforce your learning

Leverage on the 5 Special Features of our training program to double up your learning....



Experiential Learning for different Learning Style

Leverage on David Kolb's Experiential learning model, participants are active learners, constructing their own knowledge, rather than observing the demonstrative behaviour of a trainer.



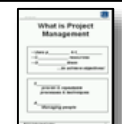
Satir's Positive Directional Approach

Encourage participants to share, make mistakes and learn from them without feeling embarrass or fear



Structured Facilitation & Coaching Techniques

With structured facilitation & coaching techniques, participants can see that their contributions are valued, shared and discussed allowing participants to reflect and internalise their learning effectively.



User Friendly Manual with 'Fill-in-the-Blank'

The manual is prepared in a user friendly manner where the Fill-in-the-blank allows user to focus and the Outline form made it easy to refer



Real Life Case Study for Role Play

Participants will be given real life scenarios to prepare and role play to encourage critical thinking (cognitive learning) and allow participants to apply various learning.

Course Content

Day 1**Coping Styles**

- Introduction & Demonstration
- Sculpture: Experience the Coping stances
- Understand Coping Styles & How it has helped us
- Role play
- Discover your coping style
- Understand the inner experience & sickness
- What's the strengths of each coping style
- Sculpt the family dynamic / office dynamic
- Activity, Debrief & sharing of reflection
- Effect on Parent's coping stances
- What is being Congruent
- Commitment: Making a conscious choice

Day 2**Understand Human Iceberg**

- Introduction to Iceberg
- Video
- What is Life Force?
- What are our Yearning?
- How do we cope under pressure?
- Understand our Feeling
- Emotion is trigger by thought & expectation
- What is feeling telling us?
- What is Feeling of Feeling
- BE in touch with our Perception
- What are our Family Rules
- Activity: Unreasonable Thoughts
- How Belief System affect us?
- Understand our Expectation
- Putting it Together
- Activity: Walk the iceberg
- Commitment: Making a conscious choice

Day 3**Family of Origin**

- Principles & Beliefs of Satir
- What is Self Growth?
- Who am i?
- Universal Perception of the World
- The Primary Triad
- Introducing the primary triad
- Attitude of Parents
- Insight into how family shape a person
- Understand family of origin
- Demonstration - how to draw
- Prepare individual family of origin

- The role of a mother, father
- Activity: Group Discussion
- Debrief
- Become our own good enough parent
- Commitment: Making a conscious choice

Day 4**Journey of Life****The Power of Self Esteem**

- What is Self Esteem
- Difference between high self worth vs low self worth

Journey of Life

- Demonstration - how to draw
- Prepare individual journey of life
- Activity: Group Discussion
- Debrief
- Stages of Life

Wheel of Influence

- Demonstration - how to interpret
- Activity: Group Discussion
- Debrief
- Commitment: Making a conscious choice

Day 5**Integrating Inner Resources**

- Developing a Congruent Self: 5 Golden Roses

Inner Judge

- Who is our Judge
- Dealing with Inner Judge
- Exercise: Transforming some inner Judgment

Part's Party

- What is our inner parts?
- Activity: Discover our parts
- Demonstration
- 1 to 1 activity

Inner Child

- Understand our inner child
- How to be connected with our inner child
- Activity: Rebuilding Self Esteem
- Commitment: Making a conscious choice

Day 6**Satir's Mandala**

- The 8 components in Satir Mandala
- Activity: Spider Web
- Demonstration & Guidance
- Putting it together: Practice, Reflection & Sharing
- Commitment: Making a conscious choice
- Wrap Up

**Methodology**

- Group Discussions
- Role Plays
- Activities
- Exercises
- Reflection & Analysis

Certificates

- E-Certificate will be provided upon course completion

Who Should Attend

- All who want to breakthrough in life

Venue

- PJX Tower, PJ

Course Materials

- Will be Provided

Duration

- 6 days (9am-5pm)
Inclusive of lunch

No of Participants

- No more than 10

Looking for self-transformation?

Frustrated with your reaction towards certain incident?

Course Fees

- RM2,500 + 6% GST
(Payment received before training day)

Valid only with payment received before training day, otherwise standard fee will be applied

** Fee is valid until 31 Dec 2016*

** Course fees are subject to change without prior notice*

APPLIED

APPLIED Tech People Development Sdn Bhd (977323-W)

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For on-line registration. <http://www.atechpdc.com/form/>

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Email: atechpdc@gmail.com

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Tel: 03-7661-0158

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Mr Bryan Ng, Chun Seong (MSc Mngt Psychology (UK), CA, CIMA, MSP, Satir), BSc(Hon)(UK) Acct & Fin Mngt, has extensive management and financial experience and was a Corporate General Manager of a Trading House. He has been conducting training for professionals nationally and internationally in transformational leadership for the past 14 years. Being the new edge leader, his diverse experience in leadership, management, finance as well as IT knowledge makes his training unique and is very well received by many participants as they now able to link what they learnt to what is required from the management.

Mr. Bryan believes that training and speaking reflects one commonality, transfer of knowledge and skills create greater productivity which in turn create better organizations. His unique training method combines teachings with positive psychology and creative thinking into a comprehensive integrated, behaviorally effective mind program. Many clients throughout the world have personally experienced his training approach and commitment to learning transfer principles. He worked hand in hand with CEOs in developing training modules and projects to develop and coach employees that have been ear marked as the next generation managers.

He has created excellent breakthrough results within a short period of time. Some of the projects have received excellent feedback and results - among them is the leadership programs conducted for one of the leading local banks and another from an established telecommunication company in Malaysia. People who attended his training will **find his training easy to understand, systematic and practical**. Being a powerful speaker, he has frequently been invited to speak in different overseas countries such as China, USA, Brunei, Indonesia and Singapore.

Despite of his intensive training schedule, he is also actively conducting individual and group coaching for his clients from the range of Business Owners / Directors to front end operation staff.

Overall Rating

9.5 /10



“Every session is highly customized and carefully thought through to address the most important issues we face today that span.”

“I highly recommend this training to anyone who has people they want to develop and want to develop themselves.”

“This training helps me a lot. I have better ideas now why I behave in certain way.”

“Bryan’s Satir training is truly an experience bringing values and overarching imperatives. The training is fruitful, enjoyable and intense. There are times that it struck an emotional chord, bringing tears to my eyes”

“Satir’s element to transformation is one of the most wonderful ideas I have ever apply it on own. I see the result after the whole series of this training.”

“Trainer is very practical, he has been sharing his experience and many real-life cases with us so that we can understand Satir better.”

Pre Training Support

Facet 5 Profiling

Elaborate online questionnaire to determine your Personality! Follow by Face-to-face discussion on the result after test!

Customised Content

Customer needs are scope out. Content and training interventions are adjusted to ensure training effectiveness.

360 Online Feedback

Complete and thorough feedback from all perspectives allowing employee to discover his blind spots hence be more ready to learning.

Blended Training

Learning are designed with classroom learning together with other web-based online learning hence enhances the learning transfer.

Our other Pre/Post Training Tools to Enhanced Learning Transfer

Post Training Coaching

How can I enforce my Learning after my training?

Many participants are keen to continue Learn and develop themselves after training but find it hard to reinforce the learning due to time, geographical distance and cost.

One-to-one coaching is made possible and at a cost effective way. We aim to provide a combination of face-to-face, email, sms and virtual coaching allows participants to further clarify, learn and enforce the learning.

Now, you can continue your distance coaching & learning Anytime, Anywhere!



**APPLIED Tech People Development Sdn Bhd** (977323-W)L15-06, PJX-HM Shah Tower, No. 16A, Persiaran Barat, 46050 Petaling Jaya, Selangor
Tel: 603-7661 0158 Fax: 03-7661 0157 H/phone: 016-221 6961 Email: atechpdc@gmail.com**REGISTRATION FORM**

COURSE INFORMATION		
Training Topic	Training Date	Introduced by:
COMPANY INFORMATION		
Company Name:		
Address:		
Telephone:		Fax:
Contact Person	Tel:	
Designation:	Email	
PARTICIPANTS LIST		
Full Name (as per IC)	Contact No:	Fee Payable*:
Email:	Designation:	Membership No:
Full Name (as per IC)	Contact No:	Fee Payable*:
Email:	Designation:	Membership No:
Full Name (as per IC)	Contact No:	Fee Payable*:
Email:	Designation:	Membership No:

*(Please refer to the course outline for the fee on: Standard Fee/Early Bird Fee/Group Discount Fee/Prompt Payment Fees)

TERMS AND CONDITIONS:

- 1) Registration policy: Registration is confirmed once registration form is received via fax/email/mail. However, admittance to class will only be permitted upon receipt of full payment before the training date. All Corporate Early Bird, Prompt Payment and Group of 3 Rate only applied if payment received before/on respective due date, otherwise standard fee will be applied.
- 2) Cancellation policy: NO CANCELLATION/POSTPONEMENT is allowed. Replacement participant in writing with company letter must be made 3 working days before the program. Any different in fees will be charged accordingly. Any no-show by participant will be liable for full payment of the program fees.
- 3) Disclaimer: Applied Tech People Development Sdn Bhd (APPLIED TECH) reserves the right to amend or cancel the event due to circumstances beyond its control. In such events, APPLIED TECH will provide alternative arrangement to the participant(s). Upon registration, you are deemed to have read and accepted the terms and conditions.

I hereby confirm that the above course particulars are in order. Payments details: **Total Fee Payable**CASH / CHEQUE to be deposited into AmIslamic Bank Berhad (Account #:888 1005 435 696) payable to **APPLIED TECH PEOPLE DEVELOPMENT SDN BHD**. Kindly email a copy bank-in slip to atechpdc@gmail.com

NAME : _____ Official Stamp: _____

DESIGNATION : _____ Date : _____