

A special January 12 day program for a fresh start in 2016

Break the Cycle

of

- Self-Sabotage and Destructive Behaviour
- Lonely, Unfulfilling or Dysfunctional Relationships
- Overwhelming or Frozen Feelings

and

Gain Control of Your Life

- Do you feel blocked or immobilised in a part of your life that is very important to you?
- Do you fear failure or have sabotaging behaviours that stand in the way of your success?
Is the fear of intimacy standing in the way of having successful relationships?

Break the Cycle and Gain Control of Your Life especially concentrates on fear and shame. Fear has many faces including: apprehension, anxiety, worry, nervousness, indecision, terror, panic, a phobia and even running on adrenalin.

The problem with fear is not the fear itself. The 'problem' is the consequences of fear based decisions and behaviours (especially the unconscious fears) that cause unhappiness, destruction and drama in our lives.

If you are tired of working hard on yourself and not getting what you want, then it is time to address the core issues, not the symptoms that are preventing you from having the life you truly desire.

In this program you will:

- Become aware of the feelings of fear and shame stored deeply in the unconscious;
- Learn how to identify your fears and how to overcome them;
- Relieve emotional pain and frustration. Reduce shame and other overwhelming feelings;
- Break shame binds to free yourself up, learn a successful method to embrace your fears and move forward.

The program also includes **Equine Therapy** and a **Challenge High Ropes Course**. This process facilitates breakthroughs and helps you release fear and shame held in your body that can be activated by the limbic system of your brain.

"Success happens by choice, not by chance – without choice there is no freedom." Shirley Smith

Will the next choice you make be made from fear and scarcity, or love and abundance? Will your choices give you happiness or despair? And will they honour your true self or the wounded self?

Program and enrolment details available overleaf.

Break the Cycle and Gain Control of your Life

Presented by The Radiant Group
Co-facilitated by Rebecca Higgins & Shirley Smith

About the Facilitators

REBECCA HIGGINS

Since 2010 Rebecca Higgins has worked as an Certified Equine Facilitator in the Field of Equine Assisted Therapy. Rebecca is a certified NLP practitioner, has completed extensive facilitator training with Shirley Smith and is currently completing a Bachelor of Social Science. Rebecca is the new owner of the Radiant Group and co-owner and CEO of the Sydney Polo Club and the Argosy Agricultural Group.

SHIRLEY SMITH M.A.C.A (Clinical), Founder, Author and Speaker

Shirley Smith is a psychotherapist and a best selling author of four books including Set Yourself Free. She is recognised as one of Australia's leading specialists in treating co-dependency and addictions. Shirley's compassionate approach and signature straightforward style quickly and accurately identifies the core of an issue. She encourages a spiritual, non-religious approach to healing and behavioural change. Shirley now resides in the USA.



Shirley will be facilitating afternoon group sessions for couples choosing to participate in the program together.

program details

This 12 Day program is limited in numbers and offers individual and group time. **Enrolments close Friday, 8th January 2016.**

when

Fri, 15th January 2016 to
Tues, 26th January 2016
(12 straight days)

Double Early Bird Save \$1000

Pay in full by Fri, 30 November
and pay only \$5,500 inc GST.

Regular Early Bird Save \$500

Pay in full by Fri, 18 December
and pay only \$6,000 inc GST.

where

Sydney Polo Club
100 Ridges Lane
Richmond, NSW 2753

inclusions

- 12 days of treatment including lectures, group therapy and two outdoor and offsite therapy programs: 1. Equine Assisted Psychotherapy, and 2. Challenge High Ropes Course. Both days include lunch
- 2 individual sessions: a pre-assessment and integration session after the program – valued at \$300
- 1 x copy of Shirley Smith's book valued at \$29.95
- Set of 4 Audio CD's valued at \$99.00 PLUS a series of video lectures valued at \$500
- All course materials (notebook, writing materials) and morning tea daily

investment

\$6,500 (inc GST)

enrolment process Enrolments close Friday, 8th January 2016.

To book your place, register your interest or find out more about this program please call 02 9953 7000 or (02) 4588 5000. Out of town participants please contact our office for assistance with accommodation if required.

payment options To make a payment please select from the following options:

EFT

- The Radiant Group – Westpac Bank
- BSB: **032-272** Account Number: **356218**
- Please email confirmation of remittance including your name to:
info@theradiantgroup.com.au

Credit Card

Please phone our office on 02 9953 7000 or (02) 4588 5000 to process your credit card payment over the phone.

Terms and Conditions

- A non-refundable deposit of \$1000 is required to hold your place • Enrolments with full payment required by Friday, 8th January 2016.
- AMEX transactions incur a 3.3% merchant fee, VISA and Mastercard 2.5% • EFTPOS facility available.

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