



# DEEPER DISCOVERY WORKSHOP

10th October 2013 at Jamyang Buddhist Centre, London  
Starts 10.00am until 16.00pm

## IS IT TIME YOU ACTUALLY MADE TIME TO MAKE THOSE CHANGES?

### What is it?

A day experiential workshop where you can engage deeply in the Deeper Discovery aspects of Dragonfly Coaching For Life.

### What is it for?

The focus of this workshop will be the Deeper Discovery profile. This is a powerful stand alone personal development tool, or can be used as a next step for those people who have already enjoyed the magic of Insights Discovery and want to explore their personal development at a Deeper Level. Benefits of the workshop:

- More balance and fulfillment
- More resilience to external pressure and stress
- Better empathetic skills and improved relationships
- Improved physical and emotional health and wellbeing
- Greater sense of purpose
- Better concentration and focus

### Who is facilitating it?

Paul Wielgus is an inspiring coach, innovative facilitator and experienced meditation teacher, as well as being fully accredited to deliver both Insights Discovery and Deeper Discovery.

### Where is it?

Jamyang Buddhist Centre, 43 Renfrew Road, London SE11 4NA

### What does it include?

- An introduction to the Dragonfly Coaching For Life process
- Time Mastery and Energy Management
- Insights into self awareness and awareness of others using Insights Deeper Discovery personal profiling
- Simple Mindfulness techniques for greater wellbeing

### What is the cost?

£300 PLUS VAT per person including:  
INSIGHTS DEEPER DISCOVERY PROFILE

**50% deposit required before August 31<sup>st</sup> 2013 to secure a place.**



To book or ask questions, call Paul on 07974 254355 or email [paul@dragonfly-coachingforlife.co.uk](mailto:paul@dragonfly-coachingforlife.co.uk)