

How to smell *the roses*

THIS PROGRAM LOOKS AT WHAT'S REALLY IMPORTANT FOR YOU TO ACHIEVE IN YOUR LIFE.

Don't let life pass you by! The roses are a metaphor and this program is designed for people who are not getting enough enjoyment from a part of their lives.

Most people have regrets and disappointments in their lives. Many people get fixated chasing dreams. Once the dream is achieved they lose interest and chase another dream.

This program looks at what's really important for you to achieve in your life. It might be that you want to enjoy your job more or to enjoy your children more. For whatever reason, you want to derive more pleasure from life. How many people do you know are wishing part of their lives away in the hope that "next year will be better". This course taps into the minds of the wisest people who have ever lived and gives you some of the world's best ideas to enjoy your life.

Many people go through life without ever smelling the roses. However, you can't just sniff a rose. You have to learn how to enjoy the rose. You have to see the rose for its own beauty. You have to become immersed in its beauty without being bothered by other thoughts.

Key learning outcomes

- Relax the mind and minimise anxiety.
- Looking after you – What tools do you need to be able to smell the roses?
- Understand how to relax.
- Live in the present.
- Use your imagination.
- Choose your lifestyle.
- Use time management techniques to avoid wasting precious time.
- Understand how to stop thinking.
- Understand the benefits of helping others in any form.
- Understand your personality type.
- Pursue positive thoughts rather than dwelling on faults.
- Understand how thoughts affect our perceptions.
- Broaden your vision and develop a more positive outlook.
- Set Goals – this module can change the direction of your life.



Would you like to attend this program?

- For maximum effectiveness, this program is best conducted as an in-house program. This program has alternative titles to “How to smell the roses”. It’s designed to help your employees increase their life satisfaction levels which academics agree will make your workplace more productive , more enjoyable and less stressful.
- **Ideal group size:** 4 - 12 participants.
- **Venue:** For your convenience, you can choose to conduct this program at your business premises. Alternatively, we can provide a training venue at a small additional cost.
- **Duration:** This program can be conducted as a one day or half day program.
- **Cost:** Price on request.
- **Target Audience:** Employees, Supervisors, Team Leaders, Senior Managers or CEO’s.

If you would like more information on this training program, please contact:
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www.preftrain.com

