



## ABOUT THE PRESENTER

### Mike George

Mike George is both an entertaining presenter and inspiring speaker on the breakdown and renewal of relationships, particularly our relationship with ourselves. Based in London, he is a management development consultant and personal development coach. He brings together, in a unique blend of insight, wisdom and technique, the three key strands of the new millennium - spirituality, management/leadership development and continuous learning. His positive vision of the future and his passion for life has motivated thousands of people. As a lecturer and teacher of meditation for the Brahma Kumaris, his twenty years of research into the spiritual principles which govern human relationships provide the foundation for his work with leaders and managers in organisations in over twenty countries. His publications include Stress Free Living; Learn to Relax; Discover Inner Peace; and Meditation for Extremely Busy People. He is also the Managing Editor of Heart & Soul Magazine.

### Previews from the Audio Presentations

*"One important dimension of real human freedom is the freedom from our own prejudices and misperceptions of others. This freedom is only possible when we take time to look inside ourselves. The result is self-awareness and a new choice. Plato once said the unexamined life is not worth living. And this is why. If we do not live a life of awareness and conscious choice we will live asleep and in slavery to the past, or shackled to someone else's values, beliefs and perceptions".*

*"The more you decide to respond to the world around you in an unconditionally positive way, the more aware you become of your own goodness, your own beauty, and your value to others."*

*"The past cannot be relived, it cannot be changed, yet most people spend over 80% of their lives in the past. The past is like a filing cabinet. When you arrive at work every day do you step into the filing cabinet and spend the day there? Of course not. So what is the past but a great resource for learning, and an occasional source for useful information - but it is not a place to live".*

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**The  
Secrets  
of  
Self  
Management**



# Guess what they didn't tell you in kindergarten (or school...or university)





## WHY DO WE NEED TO KNOW?

What is the one thing which most of us never learn? It is the foundation for success in all our relationships, and it lies at the heart of all personal achievement! It is of course Self Management. It is amazing to think that the one thing we are never taught is how to manage ourselves. If we do not know how to manage ourselves (our thoughts, emotions, attitudes and actions) we will always struggle, and probably fail, to manage our roles, responsibilities, relationships and resources.

## WHAT IS SELF MANAGEMENT?

Self Management is much more than simply being better organised. Self management begins with **self-knowledge** and the understanding of who and what we are. It is built around **self-awareness** and essential insights into how we work at the deepest levels of our beliefs, values and perceptions. It is maintained by **self-motivation** and the clarification of our purpose and goals in life. And it is sustained by continuous learning and personal achievement.

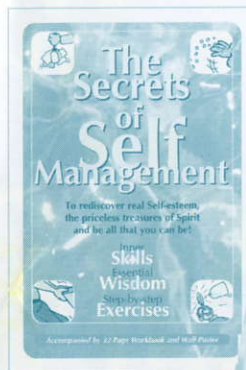
## SIX AUDIO PRESENTATIONS PLUS WORKBOOK PROVIDE INSIGHT, SKILLS AND WISDOM

The Secrets of Self Management is presented by Mike George. During six half-hour presentations Mike shares the essence of 20 years of personal research and practical experience. You will begin to learn:

- Why personal identity is the deepest secret to the achievement of personal success.
- The true meaning of self esteem.
- How to build self esteem on the most stable foundation.
- The relationship between identity, values and beliefs.
- The basis of self-confidence, self-worth and self-respect.
- The creative process that makes us all artists and for which we are all responsible.
- Why self-awareness is the key to transformation.
- How to bring the best out in yourself and others.
- Where you need to go to get the power to change.
- Step by step exercises to enhance and improve your self management.

# The Secrets of Self Management

Workbook



Poster



## THE DESTINY OF HAPPINESS

In this series of presentations Mike George takes you to the heart of self management and draws a clear and concise map to help you understand the deep creative process by which we generate our own happiness, develop effective relationships and define our own destinies.

### PRESENTATION ONE

#### Self Management and the Secrets of Success

Laying the foundations for self-esteem, self-confidence and self-respect.

### PRESENTATION TWO

#### Rediscovering the Beauty of You

The heart of self management is seeing and appreciating your own beauty of spirit and rediscovering your spiritual treasures.

### PRESENTATION THREE

#### Knowing and Experiencing the Real You

The foundation of our effectiveness in all areas of our lives is how we see ourselves - our self identity - why, what is it and what difference does it make?

### PRESENTATION FOUR

#### The Skills of Self Management

Learning meditation, the effect of positive vision, regular reflection, and the power of affirmations are some of the many essential self management skills which we can easily integrate into our lives.

### PRESENTATION FIVE

#### The Power of Values and Beliefs

Why we inherit ignorance of ourselves, how does life really work, why you already have what you seek, how you already know all you need to know, and why you are what you have always been!

### PRESENTATION SIX:

#### Regaining Your Throne

We all need the rudder of purpose to navigate our way through life. But how do we find our purpose and where do we get the power to make it happen.

Inner Skills  
Essential Wisdom

Step-by-step Exercises

Rediscover real self-esteem, the priceless treasures of spirit and be all that you can be!