



A Day in the Zone

High Performance and wellness half-day Workshop

Stop for a moment and think about those days when everything just “clicks” for you. Days when you find yourself at the right place at the right time, doing just the right thing. When everyone you encounter says “yes” to you, when you find yourself finishing jobs you’ve been avoiding and when you are so consumed with energy, the day just zooms by.

The way you feel on those days is how highly successful people achieve extraordinary success in all areas of life. This way of living is called “being in the Zone”. Once you know how to step into the Zone, you’ll never want to live any other way.

The workshop will increase your wellbeing, reduce your stress, boost your productivity and enjoy life!

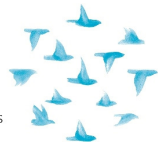
If you say ‘YES’ to any of the following questions this workshop is for you!

- Do you feel drained at the end of the day?
- Are you giving your family the dregs after you’ve given your all to work?
- Are you stressed, stuck or under pressure?
- Do you find it difficult falling asleep, sleep restlessly at night or wake up feeling tired?
- Would you like to be more creative in problem solving & decision making?
- Are you in constant/chronic pain or suffer from intermittent pain such as headaches?
- Would you like your relationships to be more harmonious at work and at home?
- Would you like to relate more effectively with your team & see them thrive under your leadership?
- Would you like to perform at your full potential at work, in sport and in life?
- Are you ready to be just plain happy?

At this workshop:

- Learn the practical, easy and effective way to Succeed without Stress
- Experience the joy of being in the Zone and have FUN at the same time
- Enjoy the benefits of using these unique tools at the workshop
- Be able to take away the Zone toolbox so that you can live and work in the Zone every day – refer next page for toolbox details.

Facilitator: Tansy Boggon
Date: TBA
Time: TBA
Venue: Health Align, 266 Glen Osmond Road, Fullarton (opp BP Service Station)
Investment: \$220 or \$175 early bird (includes the toolbox valued at \$150)
Register: contact Tansy Boggon (tansy@healthalign.com.au or 8338 2221)



A Day in the Zone

The self-management toolbox for increased wellbeing, productivity and happiness!

The Zone Toolbox consists of 6 CDs as well as detailed written and audio information; and instructions on how to use the tools. These are the CDs included:



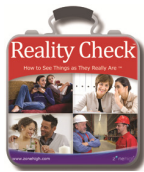
1. Get in the Zone - Set yourself up for a fantastic day

Wake up in the morning and Get in the Zone to start your day with a smile on your face. In the Zone, the day flows effortlessly. Life feels good and you accomplish so much more.



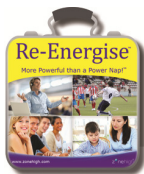
2. Pain Free – For physical and emotional pain relief – the natural way!

If you drop out of the Zone because you are in physical or emotional pain, use the Pain Free tool to get back into the Zone. The key to successfully dissolving pain is a relaxed body and mind. The most effective tool we have to do this is the power and quality of your ATTENTION. This tool guides you every step of the way until your pain dissolves.



3. Reality Check – How to see things as they really are!

If you drop out of the Zone because your thoughts disturb you, use the Reality Check tool to get back into the Zone. The Reality Check tool enables you to examine your assumptions and respond to life's situations as they really are. Instead of thoughtlessly believing your immediate assumptions and reacting negatively to the situation, you will be able to quickly and easily assess what is true, make the right decisions and respond appropriately.



4. Re-Energise - More Powerful than a Power Nap

If your energy drops during the day and you need a boost back into the Zone, use the Re-Energise tool. The Re-Energise tool recharges your body and refreshes your mind in minutes. Get your second wind – another 8 hours of productivity. Increase clarity, creativity and focus. Use it at your desk, parked in your car or lying on your couch.



5. Sleep Well - Relax your way to refreshing sleep

At the end of the day use the Sleep Well tool to guide you into a relaxed state of body and mind which allows you to fall asleep easily and wake up refreshed. It has no side effects and is not addictive.

These tools can be used as often as necessary and is suitable for children and adults of all ages. These tools can be purchased individually - \$34.95.

As these are educational tools, by using them regularly, you learn how the Zone tools work and are able to apply them spontaneously, throughout the day when required. Once you know how to live in the Zone for a day, you can live in the Zone every day!