

## EDTS© LIGHT - EASIER DONE THAN SAID©

## A Unique Program – An Unforgettable Experience

Date: 14th September 2010 - 09.00-17.00

Location: Hong Kong

### IS THIS THE RIGHT PROGRAM FOR ME?

This program will be most beneficial for:

- “Best employers” who believe that happier employees are an asset
- Anyone involved in Employee Engagement or Workforce Resilience Policies
- Management concerned with their company’s engagement and bottom line
- Senior executives
- Senior Human Resources executives
- Entrepreneurs

### WHY EDTS© ?

If you join this program, you will

- Experience, practice and acquire useful stress-busters and tension relief techniques. Increase the potential of your personal happiness by assuming responsibility on the parts within your control
- Feel more energized and re-ignite your inner fire, revive enthusiasm
- Experience benefits in making positive choices for better personal health
- Walk away with increased self-esteem and self-confidence
- Practice strategies to handle challenges effectively, professionally and joyfully
- Gain more acceptance:
  - Accept others, accept myself, create less judgmental environment
  - Get and give permission to be authentically myself
- Plant seeds for long-term resilience and self induced engagement

All this in 1/2 or 1 day only? Let us surprise you and also help you see and experience how all of that could be achieved for your team or your company in the full program that can transform your organization

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## PROGRAM OUTLINE

Time	Contents
08.30 - 09.00	Registration & Networking
09.00 – 09.15	Welcome & Introduction
09.15 – 10.45	<p>Session I: Fun &amp; Playful Workout to reduce stress hormones and increase endorphins and dopamine for greater learning &amp; openness.</p> <p>Takeaway: Tools for de-stress and de-tox derived from positive psychology and laughter research</p>
10.45 – 11.00	Coffee Break
11.00 – 12.30	<p>Session II: Compassion and Recognition as key leadership tools backed by significant research including Victor Frankl's, Dr. Eric Berne's and Dr. Rene Spitz' inspiring works.</p> <p>Includes some risk taking, working on acceptance of self and others as well as practicing gratitude and praise.</p>
12.30 – 13.30	Lunch Break
13.30 – 15.00	<p>Session III: Participants assume responsibility for inviting good things into their lives, learning the power of asking without feeling bad about it. Practice with tools to handle life &amp; work challenges.</p> <p>They will also learn and apply the ERO model through the Bull Fight.</p>
15.00 – 15.15	Coffee Break
15.15 – 16.45	<p>Session IV: Play and Create. The day's peak will be reached through meaningful fun games on leading and following. There will be a huge challenge which helps learning how to trust, believe and not giving up until a delightful solution is reached.</p> <p>Participants will be surprised about their own creativity when being supported instead of being discounted.</p>
16.45 – 17.00	Conclusion & Welfare

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### WHAT IS SO UNIQUE ABOUT EDTS© ?

- EDTS© workshops are uniquely interactive, fun and funny, inspirational and – above all – enjoyable!
- During this unforgettable experience, you'll laugh, move, discover new friends and become part of a more joyous environment that will just get better every day!
- EDTS© full program is highly customized to your specific needs. The process involves inquiry, Gestalt coaching and adaptation of the findings into the workshop.
- EDTS© programs are based on scientific research, that has validated “learning through fun and playing,” producing better learning results, felt by management and employees alike.
- EDTS© is an experiential workshop connecting Mind Body Soul. It is easier to change by action than over-thinking.
- EDTS© philosophy focuses on the participant as a “self guru;” thus, EDTS methodology (unlike run-of-the-mill “motivational” seminars) elicits positive personal transformation from within.
- EDTS© brings Love & Joy to the workplace, tremendously improving how people interact with each other, even under high pressure.
- EDTS© leaves a strong impact on the relationships among participants and a transformational effect on how people feel then think about themselves and others.
- EDTS© contributes to team morale and comradeship, enhances resilience and generates sustainable enthusiastic engagement.
- EDTS© does not have customer. They ALL become friends. EDTS© founders are very selective in choosing the challenges. Together, we are partners sharing a joint commitment to a common goal.
- EDTS© tools are effective both at work and home.

We guarantee Satisf**ACTION**©

# EDTS© LIGHT - EASIER DONE THAN SAID©

## Your Facilitators

"Everyone left with a radiant glow on their cheeks, and some commented that they felt more refreshed than ever."

*Leo Tan, Head of Planning,  
Clementi Police Division (Delta Division)*

### YOUR FACILITATORS:



#### LENNY RAVICH (BASED IN ISRAEL)

Lenny is an expert on the subject of humor and laughter and facilitates workshops and presentations on the subjects of "Upgrading Your Humor Quotient For Improved Business" and "Optimism For Self Esteem". Lenny is the author of the Platinum awarded book "Something Funny Happened on My Way to Enlightenment". Lenny has a "black belt" in Gestalt and is the Director of the Gestalt Institute of Israel.



#### AVI LIRAN (BASED IN SINGAPORE)

Avi is an innovator and optimism philosopher. Avi is a delightfully upbeat inspirational educator, trainer, and keynote motivational speaker for EDTS™ + Positive Change and Genuine CARE Service from the HEART. Avi is a certified laughter teacher. Avi holds MBA in Marketing and Entrepreneurship with successful past of senior management positions in both the private and government sectors.

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## How to Join

### PRACTICAL INFORMATION

Date & Time: Tuesday, 14th September 2010

09.00am – 05.00pm (includes 2 coffee breaks and lunch)

Venue: Salon Room, Harbour Grand Hong Kong Hotel, 23 Oil Street, North Point, Hong Kong

Investment:

Regular Fee: 2,500 HKD only

Early-Bird Fee: 2,200 HKD only (for registration before 20th August 2010)

Registration Closing Date: 10th September 2010

For enquiries, please contact Ms. Priscilla Chan at (852) 2165 4126 or email her at [priscilla@nextchapterpresents.com](mailto:priscilla@nextchapterpresents.com)

#### Reservation

Please reserve \_\_\_\_\_ place(s)

#### CONTACT DETAILS

Please print in BLOCK LETTERS

Name (Mr./Mrs./Ms./Dr.) \_\_\_\_\_ Date \_\_\_\_\_  
(Surname) (First Name)

Company Name \_\_\_\_\_ Title \_\_\_\_\_

Tel \_\_\_\_\_ Fax \_\_\_\_\_ Email \_\_\_\_\_

#### PAYMENT

##### By Telegraphic Transfer

Account Name: Progress-U Ltd.

Bank: The Hongkong and Shanghai Banking Corporation Limited

Account No: 183-545-268-001

SWIFT: HSBCHKHCHKH

Replacements are welcome!