



In association with



# Alive Retreat

Personal Transformation Experience

Leadership | Empowerment | Awareness | Drive

# Overview: Why you might need this

- Businesses are struggling to survive, cope with change and respond to stakeholder demands. Old styles of hierarchical structures and decision making are no longer effective. Business leaders are faced daily with performance problems, skills shortages, staff turnover, change fatigue, conflict, impact of stress, and lack of effective leadership and employees to deal with the complexity.
- Recent research has shown that 66% of South Africans admit to being unhappy at work. This unhappiness is often reflected through employee behaviour in the workplace such as resistance to change, procrastination, frustration, short temperedness, absenteeism, conflict with others, lack of motivation and commitment, blame, victim mentality and apathy.
- Standard interventions seldom address the real root cause of the problem, the underlying beliefs, attitudes, mindsets, interpersonal skills, personalities and emotional baggage of the past...the awareness and application of emotional intelligence!
- The “ALIVE” Retreat is developed on the principle that for people to change and grow, they need to create awareness of healthy or limiting beliefs and mindsets (mostly subconscious) and to change these at a fundamental level. The primary purpose of the “Alive” experience is to equip participants with the awareness, knowledge and tools to make more effective choices and decisions in order to improve their personal effectiveness, their leadership effectiveness, work more effectively with others and therefore improve their business results...ie. build real, sustainable emotional intelligence!



# Approach and benefits

## OUR APPROACH

Alive is a 2.5 day (20 hour), experiential workshop designed to assist individuals in understanding their responses and impact in their lives and with others, and how to identify and release those beliefs and habits that hold them back from achieving the personal and professional results they strive for. The workshop presents a safe space in which to explore possibilities and work in new ways to create positive results in life. The workshop is experiential in nature and includes individual and group activities, discussions, self-reflection and discovery, feedback, information sharing and practice sessions for new skills. The workshop is most effective if it is residential and delegates have uninterrupted time to work with themselves.

## TYPICAL BENEFITS

- The Alive Retreat addresses the following three aspects required to make significant, sustainable change:
- **Intellectual buy-in** –provides information on how we learn and develop belief systems through conditioning, and the impact of conditioning (and the sub-conscious mind) on life choices and results
- **Emotional engagement** –provides opportunities to engage with and reflect on our emotional patterns and baggage which impact on relationships with ourselves and others. This includes clarity on personal motivators, beliefs, reactions, values or prejudices that enhance or prevent desired results.
- **Taking action** –identifies personal barriers to change and action and explores possible solutions to address these. Delegates also receive a 4 week action learning program to integrate the learning

*Benefits include enhanced awareness, emotional regulation, decision making, goal achievement, health, wealth, relationships, self-esteem, energy, stress management, happiness & life satisfaction*

# Objectives: 2.5 day (20 hour) experiential program

- To understand personal effectiveness and empowerment (true empowerment with regards finding the source of personal power) and how it can contribute to effective leadership, relationships and results
- To become aware of personal strategies and conditioning that impact choices and decisions
- To understand the power of the mind and emotional programs of the past that impact ability to learn, change and grow
- To learn how to use e-motion (energy in motion) and emotional intelligence for energy and positive motivation
- To develop clarity on personal and professional goals and how to achieve them using the power of the subconscious mind.
- To learn the importance of values and beliefs such as responsibility, commitment, self-respect, and integrity
- To discover the importance of building win-win relationships





# Modules: 2.5 day (20 hour) experiential program



## Module 01

Preparing for the journey and power of the mind

## Module 02

What do you want and what holds you back

## Module 03

Power of our emotions and letting go the past

## Module 04

Taking charge of the future

Introduction to the journey  
Preparing for the journey  
7 aspects of self  
Power of the mind and subconscious programming  
Dealing with change and resistance

What do you really want?  
What holds you back?

- Scribe
- Baggage
- Shadow

What impacts your physical energy - wellness, stress, energy drains

Engaging with spiritual intelligence to explore a life of purpose, meaning, inspiration and contribution

Exploring emotional intelligence and our response patterns, hot buttons and derailers)

What holds you back

- Inner child – dealing with past hurts and patterns of reaction
- Safety suits – impact of masks and patterns of coping

Releasing the past – the power of now

Taking charge of the future

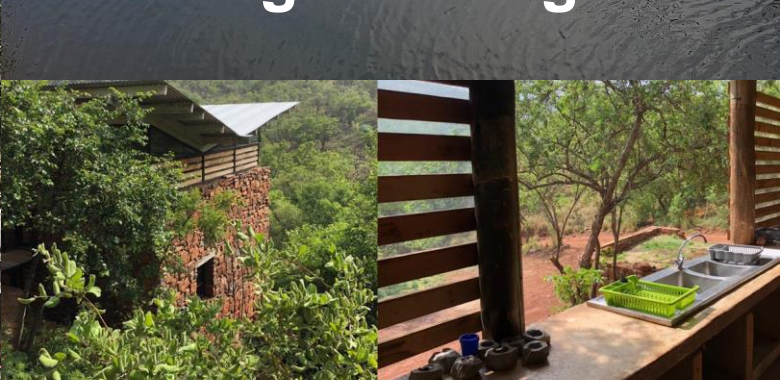
- Light – what talent and gifts we can contribute
- Guide – what resources can we access
- Achieving goals with the whole brain
- Integrity and commitment

Building trust and overcoming self-doubt

Intentions and tools for the future

***2.5 intensive days, practical, experiential activities, exploring mindsets and behaviours, group sharing and learning, mirroring, reflection and insights, experienced transformation facilitators, individual attention and coaching***





# Magaliesberg





**Drakensberg**





In association with



# Additional Info

Leadership | Empowerment | Awareness | Drive



# Engagement challenges

What we often see at work:

- Resistance
- Procrastination
- Frustration
- Passive-aggression
- Conflict
- Blame – victim mentality
- Giving up / don't care
- Disengaged



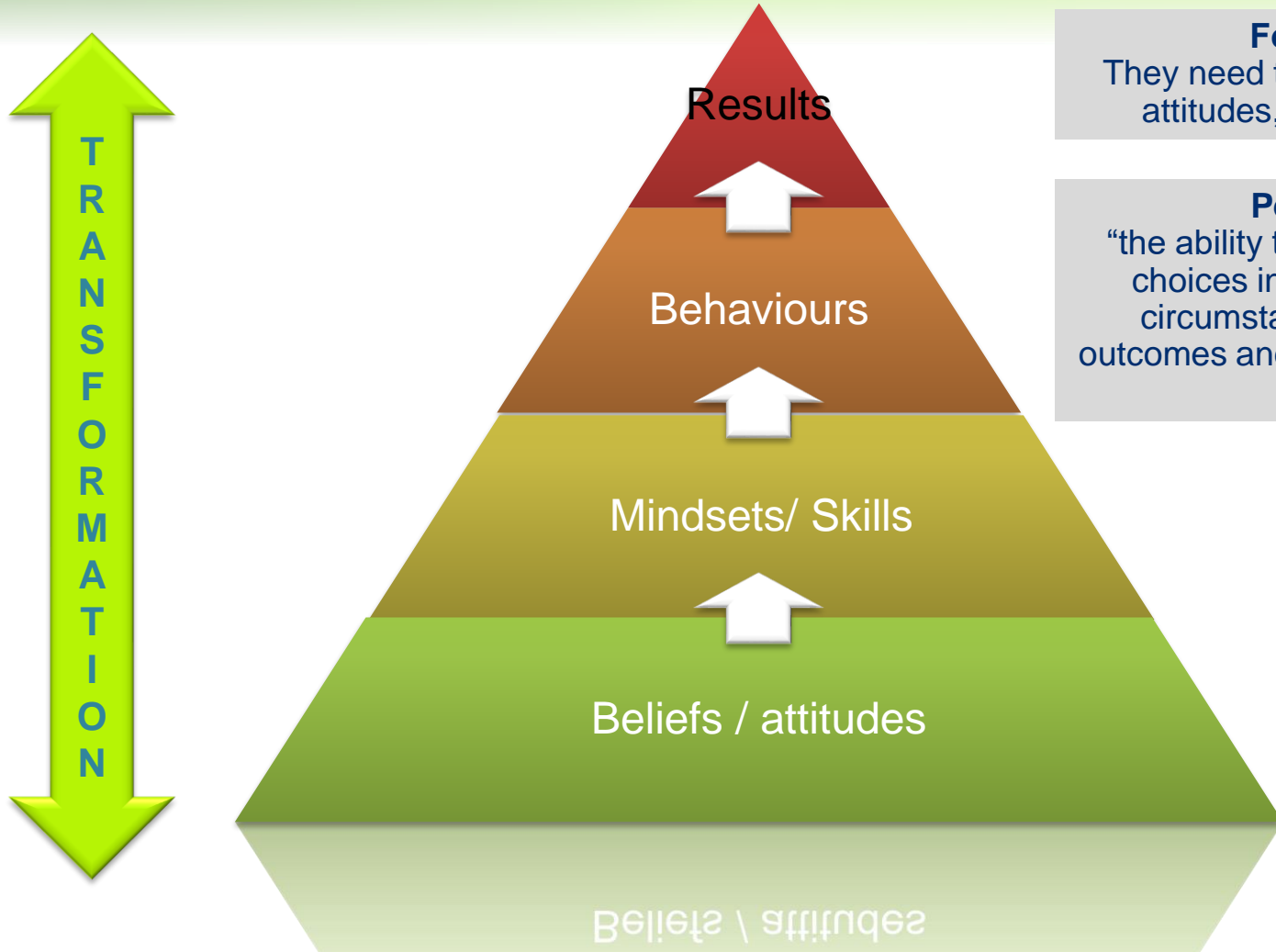
This leads to:

- Performance issues
- Health issues
- Staff turnover
- Change fatigue or resistance
- Absenteeism
- Presenteeism
- Staying stuck



**What if ... all your people were energised, motivated, effective, committed, positive, resilient, acting with integrity, taking responsibility, contributing and achieving results ?**

# For people to change ...



**For people to change ...**  
They need to change their underlying beliefs, attitudes, mindsets, skills and behaviour

**Personal empowerment**  
“the ability to make appropriate and powerful choices in any moment (regardless of the circumstances), to take responsibility for outcomes and to achieve win-win results - Victor not victim”

**People’s behaviour and results are a sum total of all – beliefs, attitudes mindsets, skills, personalities, baggage**



# Personal empowerment elements to explore



# Aspects of Self that impact our life



Am I making excuses for not being or doing what I really want?



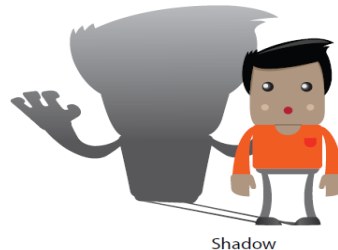
What am I feeling?  
Hungry, Angry, Lonely, Sad,  
Tired, Stressed? Am I listening  
to and caring for my fragile  
inner child?



Am I listening to my inner wisdom to guide me?



Am I expressing my unique, powerful, wonderful self?



Am I buying into the belief that I am not enough?



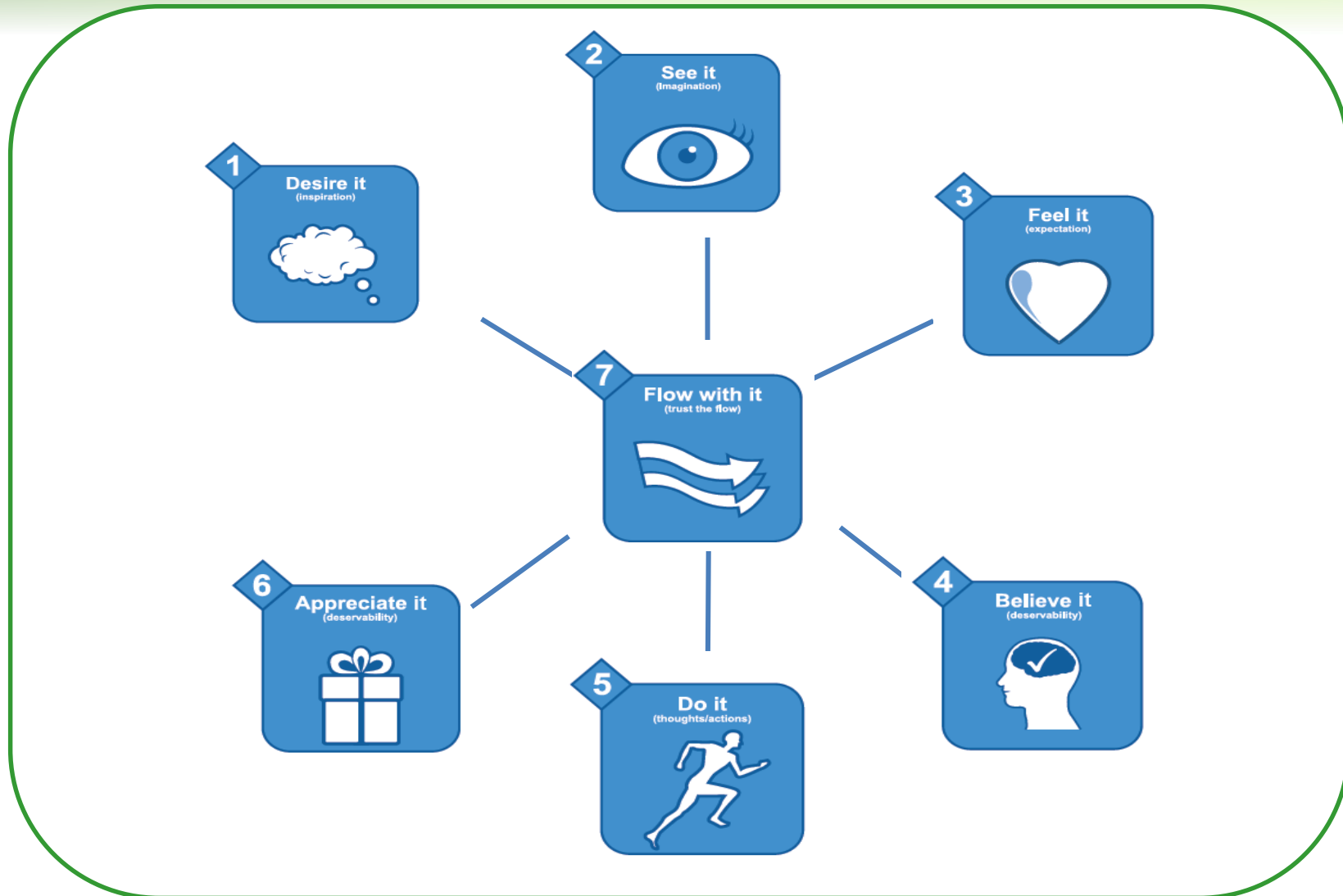
Am I still carrying old emotions/ beliefs / stories?



Am I changing who I am to please or protect?



# Aspects of Creating the Results you Want



# Track Record in Personal Transformation

## Companies



Transnet



BHP Billiton



Eskom



MTN



Ditsela



DOE



Dept. Social Dev.

## Individuals



Netcare



BMW



Standard Bank



Investec

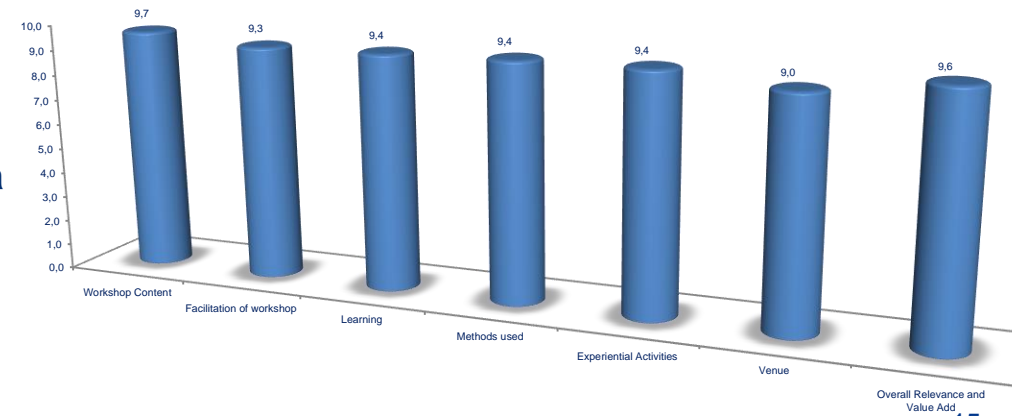
## Experience

- Personal, team and leadership development through Catalyst Consulting over 21 years with thousands of individual and teams in South Africa, Africa (Botswana, Namibia, Angola, Zimbabwe, Mozambique) and internationally. International experience in USA, UK, Australia, Europe, SE Asia, China, Brazil, Mexico, Canada, Middle East, India, Turkey
- More than 15 years experience in transformation and personal empowerment.
- Over 50 personal Transformation Workshops run in Joburg, Cape Town, Durban, PE and Jeffrey's Bay (through Leading Edge and World Alive)



# Corporate Feedback

- "World Alive provided a opportunity for colleagues to understand better the stresses and baggage they were carrying and what they could do to liberate themselves from the past and look at the present and future with fresh new lenses. They came back to work with a different perspective. Staff were eternally thankful for the tools World Alive provides them to tackle life's challenges." Gino Govender CEO – Ditsela
- "The workshop is a life changing experience which challenges one's taken for granted assumptions not only about life but also one's own dragons which one may not be aware of. The opportunity to embark on this journey with colleagues further cements relationships and team work. I can unreservedly recommend this is experience to those who want to stop being "human doings" and want to become human-beings living life to its fullest. Life is too short to be little!"  
Mackie Kleinschmidt, Curriculum Manager, (Metro Central Education District – Western Cape)
- "I've attended several similar courses/workshops in the past, but the World Alive workshop is different, in that it brings together different dimensions, such as health, positive attitude, introspection, self-awareness, self-understanding and self-exploration, emotional intelligence, and that you CAN heal your wounds etc. The concept of 'homework" and keeping a journal is a good idea, and I liked being consciously aware of my shadow, scribe, etc.
- In the past, I attended some courses as a "passenger", not really participating with my mind/heart, but only with my physical presence and asking one or two questions occasionally to reflect a sense of interest. This was unfortunately to my own detriment, as, what you put in influences what you get out, and sometimes you need an open mind, (accompanied with sound judgement)"  
Financial Modeller - Transnet



# Individual feedback



"I was overwhelmed by the experience. This workshop could not have come at a better time in my life. I now **feel empowered** to conquer my demons and live. I feel that I am now capable of **achieving great things** both personally and professionally."



"Powerful. This was a **life changing event**, the magnitude of which can never be explained through words. Thank you!!"



Absolutely awesome. **More than I ever imagined.** I sent my team on this, now I want to **send the whole company**

## HEALTH

"I have **lost 8 kgs** since the workshop 3 months ago with no effort. I **feel more alive** than ever before"



"The best education I could have got. More than all the knowledge I got in 12 years of school. Maybe this **should be a course in every school.** Wow! What a better world this will be. – Thank you! "



"This workshop gave me a **'starter pack'** of **tools**, which if you apply, can fundamentally **transform the results** in all areas of your life"

**RELATIONSHIPS**  
"The workshop **saved my marriage**" & my business has expanded 3 x



## HABITS

"I don't need to take regular medication anymore and I have **so much fun and energy.**"

It was phenomenal, was sure I knew it all (or most) but came with an open mind and **WOW – mind-blowing experience.**



**SELF & BUSINESS**  
"the workshop really **saved my life and my business.** I was about to let it go to ruins, was totally exhausted and run down before the workshop. I now **feel free, filled with energy** and ready to go on with my vision."

# Overall comments, impressions and suggestions of the ALIVE experience

- The **true greatness** and effect of this is **indescribable** but a full **360° turnaround** comes close. Nothing like this out there!
- Really **awesome, mind-blowing experience**
- The workshop made me **aware** of how I limit myself – focusing too much on the “negative voices” and past experiences. Made me aware of my **excuses** wasting too much energy on “brakes” in **life’s journey**
- An **amazing energising process** and I am so relieved that I was led here.
- Was conducted in a **great atmosphere – realness!!** good balance of activities, participation, outcomes, input, commitment
- I **absolutely love the content**. I love that all the activities were new to me. The music aspect is **excellent!** It really speaks to my emotions –don’t ever change it!
- The workshop was **amazing**.
- Excellent workshop, **integrating so many aspects of personal growth** in a holistic and practical way



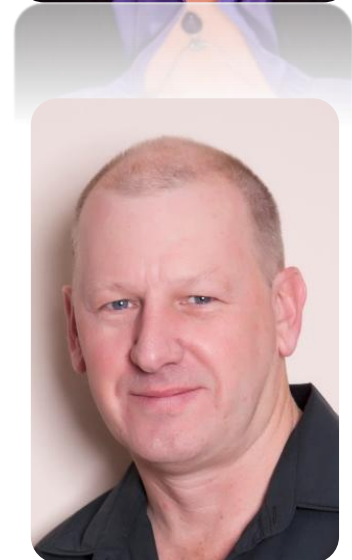
# Alive Founders

Debbie Craig *Debbie*

- Debbie has been designing and facilitating Personal Transformation workshops for the public and private sector for the past 15 years. Debbie's purpose and passion is to assist people with discovering their true potential and inner power and how to achieve a life of their dreams.
- Debbie has designed and facilitated leadership, team and personal development workshops and processes for many of the top businesses in South Africa and consulted and trained abroad in the UK, Australia and Germany. Debbie is also an executive life and leadership coach.
- Debbie holds numerous local and international business and people management qualifications. Debbie is also an NLP practitioner, process work facilitator, Reiki Master and Reflexologist.
- Debbie's larger vision is the transformation of South Africa through personal and leadership empowerment so that South Africa can be example to the world of how to live and work together with self-worth, integrity and responsibility to contribute to creating a better future for all. She has established the ALIVE foundation to achieve this.

Andrew Harding *Andrew*

- Andrew has been assisting individuals, teams and organisations through transformation processes for the past 12 years. Interventions have included designing and implementing organisation wide change processes as well as leadership development, team development and coaching. Andrew is passionate about people development and growth and encouraging individuals to take ownership and accountability of their lives and their workplace performance.
- Andrew has experience in both executive leadership in large corporates and consulting roles.. Andrew currently trains and coaches all levels of employees on best practices in order to empower them to transform their workplaces and become more competitive. This involves working at both a knowledge and skill level as well as at a deeper level of mindset and culture change.
- Andrew is a talented intuitive healer and energy worker and is committed to personal transformation so that people can become the best that they can be. Andrew is a co-founder of the ALIVE foundation that aims to transform South Africa through personal and leadership empowerment.





# Our facilitators





## OUR VISION

Empowering people to build awareness, integrity, courage and commitment to:

**care** for self, others and their communities,  
**connect** learn and create in win-win relationships  
**create** a life of passion, contribution & abundance

### Contact Us

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*“Transforming South Africa through personal and leadership empowerment.”*