



Ask yourself better questions to find better answers and release your potential

We are all far more resourceful than we realise and this workshop aims to positively challenge your thinking to enable you to be able to find better answers and tap into your creativity and potential.

This workshop brings you the opportunity to learn a simple yet refreshing and empowering approach to your work and life that will leave you feeling more valued, motivated and fulfilled. It is almost certain that you are not fulfilling your potential, whether it be in your work or life – the workshop gives you the tools to change this!

The skill of asking yourself better questions to facilitate you finding better answers will have a profound impact on your ability to lead a more successful life and you will be given some simple strategies to put into place immediately.

What will be covered during the workshop?

- ✓ Why do I need better questions?
- ✓ Understand why better questions are so powerful
- ✓ The best questions to ask myself
- ✓ How do I ask myself better questions?
- ✓ How do I find better answers?
- ✓ Taking action

What will I gain if I attend?

- ✓ Recognise why we ALL need to ask ourselves better questions
- ✓ Become more aware of our unconscious patterns of responding to challenges
- ✓ Understand the benefits of asking yourself better questions
- ✓ Learn the skills required to ask yourself better questions
- ✓ Learn the skills required to finding better answers
- ✓ Learn the five better questions to ask yourself to manage your emotions more effectively
- ✓ Walk away with an action plan for implementation to improve your skills on an ongoing basis

Who is this workshop suitable for?

This half day workshop is suitable for everyone that wants to be able to be more resourceful and ask themselves better questions to find better answers in their life and/or work.

More about your facilitator

This workshop will be facilitated by Lindsay Tighe. Lindsay is the founder of Inspirational Coaching and is a successful and highly regarded speaker, business woman, author and coach who is passionate about inspiring others to improve their own lives and the lives of others. She has published a unique self development tool called CHOOSE YOUR LIFE – Self Coaching Cards and a fabulous book called THE ANSWER – Improve Your Life By Asking Better Questions



Her unique blend of life experience, the corporate world, establishing and running her own business, formal qualifications and genuine love of people give her the ability to inspire and really make a difference to people. Described as inspirational, wise and intuitive, Lindsay lives and breathes the philosophy that if you ask a better question you will get a better answer. She is committed to changing the world by helping people to have more empowered thoughts and conversations with each other to tap into their own wisdom.

Lindsay holds an MBA from Macquarie Graduate School of Management and regularly speaks at a variety of functions. She has also been featured in national publications such as Women's Day, Good Health & Medicine, New Idea and the Qantas In-flight Magazine.

****BONUS OFFER****

All participants will receive a copy of Lindsay's book Improve Your Life By Asking Better Questions valued at \$24.95



Everyone is looking for answers – most of us look in the wrong place and wonder why we don't feel better or why the answer didn't solve the problem. The **ANSWER** provides an insightful and simple way to finding better answers that we can all use immediately and to great effect.

The overriding premise is that YOU are far more resourceful than you give yourself credit or indeed time for. If we shift our focus to being more empowered and resourceful we will be amazed at the results that can be achieved.

In this thought provoking book you are invited to not only ask yourself better questions; but also to use this skill with others to ultimately provide the opportunity to improve the lives of everyone you interact with.

For more information about this workshop or to book an onsite workshop please call 1300 695 377 or email info@betterquestions.com.au

Please note that we are wait listing names for our public workshops so call or email today to register your interest.