

A New Year Brings Seven Steps to Discovering Life Purpose

Discover Your Life Purpose Workshops - 19 February 2011 Richmond, Victoria

Robynne Berg, director of Berg Consulting Group, today announced her first Discover Your Life Purpose workshop for 2011. To be held at Amora Riverwalk Hotel in Richmond on Saturday 19 February, the full-day workshop guides participants through seven steps, from finding life purpose to bringing personal and professional dreams to fulfilment.

Workshop facilitator, Robynne Berg believes that everyone is able to achieve their professional and personal dreams through following the seven steps.

I think many of us unintentionally take steps towards dream fulfilment that lead to frustration rather than success, says Berg. I know of many people who use affirmations and visualisation in attempt to achieve their dreams. Affirmations are great but they don't work unless we fully prepare and make the commitment to our personal success.

Likewise, motivation is often misunderstood. We often think that if we could just get motivated we'd achieve our dreams. But motivation isn't like that; you can't just snap your fingers and voila motivated. Motivation is a by product of having other areas of our life in order.

To Discover our Life Purpose and achieve our dreams we need to focus on the critical matters of managing our energy, understanding external and internal dreams, writing and reframing our life story and monitoring our self talk, She says.

The Discover Your Life Purpose workshop takes attendees through a series of activities including: discovering our life purpose; external and inner dreams; writing & reframing our life story; declaring our independence; managing our energy; using flow for optimal performance; self talk and visualisation, and revitalising dreams.

For workshop registration [Click Here](http://www.bergconsulting.com.au/seminars.Workshop%20Details) or visit [www.bergconsulting.com.au/seminars.Workshop Details](http://www.bergconsulting.com.au/seminars.Workshop%20Details)

Saturday 19 February 2011

9.30am - 3.30pm (includes refreshments)

Aroma Riverwalk Hotel

649 Bridge Road Richmond VIC Cost: \$330.00 (plus booking fee) About Robynne Berg As a speaker and workshop facilitator Robynne discusses the concepts

of emotional intelligence, visionary and strategic leadership to help individuals and organisations transform themselves and operate optimally.

Robynne overcame early tragedy to transform her life and lead

a successful marketing and leadership career over 20 years. She speaks from experience and shares her personal lessons in how we can overcome adversity, find courage to lead, harness our fears and difficulties and accept responsibility in order to achieve and live our dreams.

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