



Take Your Relationships, Health and Wellbeing to a Better Level



Learn how to handle the "elephants" in your life!

with [Heidi Di Santo](#) and [Sam Luxemburg](#)

Heidi 0413 718 861 • Sam 0428 270 401
www.heidi.com.au and www.luxcollege.com.au

A 3 day communication skills course that could change your life for the better!

3 Saturdays - January 17th, 24th and 31st 2009 - 10am to 5pm

Venue: 155 Langridge Street, Collingwood

\$295 for 3 days – coffee and tea provided - BYO lunch

- Do you sometimes hold back on speaking your truth to people in your life because it might give offence or cause conflict? These unspoken things and miscommunications are the 'elephants'.
- Would you like to understand your children better and reduce conflict in your household?
- Would you like to have real and honest relationships with your family, friends and work colleagues?
- Do you ever feel resentful, angry or frustrated because you held back on voicing your opinion?
- Would you like to understand yourself better in order to express yourself with more clarity?
- Would you like to find happiness and inner peace?
- Would you like to understand others better and see where they are coming from?
- Would you like to be able to sense what is not being said and be able to bring it into the conversation?
- Does any of this impact negatively on your health or wellbeing?

If you answered yes to any of the above questions, this life changing workshop is for you. It is a practical workshop where you will learn and practise the skills of being an effective communicator.

It will cover:

- 1. The basics of effective communication**
- 2. How to listen**
- 3. How to get your message across**
- 4. Relationships of all kinds**
- 5. Self awareness and why it's important**
- 6. Bringing it all together**

A booklet of notes and exercises is included in the course fee



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BOOK EARLY AS SPACES ARE LIMITED!!!

REGISTRATION FORM for 3 day communication skills course

Instructions

Print this form, fill it out and mail to The Lux College, P O Box 289, East Melbourne, 8002

OR scan and email this form to Sam@luxcollege.com.au **OR** fax to (03) 5427 0714

Payment

Make cheques payable to *The Lux College* and mail to the above address

OR make electronic payment to BSB 013259, Account 323305028

OR credit card payment details as filled in below

Please register me into this course on 17, 24 & 31 January 2009

Your name in full.....

Mailing address

Tel, fax (home, work, mobile)

Email

cheque enclosed

electronic payment made

AMEX

Diners

Visa

Mastercard

Card Number

Name on card.....

Card expiry date ____/20__

Signature

Amount \$ _____