

A NEW ONE DAY  
SET YOURSELF FREE PROGRAM



# PERSONAL FOUNDATION PROGRAM

A One Day Program to restore and  
strengthen your personal foundation

*Relationships • Career • Family • Health  
Life Transition • Creativity • Finances*

## BENEFITS OF A STRONG PERSONAL FOUNDATION

In order to expand, improve and make the most out of life we must have a solid personal foundation.

Think Highrise. For this building to stand tall, be stable and remain in good condition, a good deal of time is spent laying down the structure and creating the proper foundation.

*If the foundations are not right - there's trouble later!*

If you're feeling stuck, confused, or having trouble making a decision then your personal foundation may be destabilised by:

- limiting beliefs
- buried feelings
- unuseful patterns of behaviour
- unmet needs
- not relating to others from your authentic self.

Here's the good news. It's never too late to repair the cracks in your foundation. Strengthening and extending your personal foundation will allow you to feel stable and clear to create the life you want.

## WHO IS THIS PROGRAM FOR?

- Those feeling stuck or confused about what step to take next in an area of their life.
- Those in transition in their relationship, career or life.



## ABOUT THE PROGRAM

In this unique One Day Program you will assess your personal foundation, receive guidance on what you can do and leave the day with an action plan in place.

### Specifically, you will:

- Assess how your beliefs, behaviours, and feelings affect your wellbeing and success today.
- Uncover your unmet needs and learn how to get them met. You must meet your needs in order to be your personal best!
- Put an action plan in place so you can start thriving in your life!

### Included in the program are:

- Writing materials and a workbook with notes and exercises.
- A copy of Shirley Smith's book "*Set Yourself Free - Revised Anniversary Edition*".
- The CD: "*The Importance of a Strong Personal Foundation*" by Shirley Smith.

## WHEN:

Check the attached insert for upcoming dates and registration, website [www.SetYourselfFree.com.au](http://www.SetYourselfFree.com.au) or contact the office on 02 9953 7000.



## WHY PARTICIPATE IN THIS PERSONAL FOUNDATION PROGRAM?

- To take action and control of your life.
- Recognise needs which may be unique to you.
- Safeguard and establish your future.
- Receive skills, support and guidance from our experienced practitioners, coaches and facilitators.

Pay in full by the scheduled date and

**SAVE \$150**

EARLY BIRD PRICE: **\$545** inc GST

FULL PRICE: **\$695** inc GST

## TESTIMONIAL

“Someone once said to me ‘even if you put your toe in the water you still get wet’...this simple yet powerful program was extremely valuable. It helped me change un-useful behaviours, overwhelming feelings and negative beliefs into positive action rather than harmful consequences.”

Sarah W, *Business Analyst, QLD*

*The One Day Program is a pre-requisite for:*

- *Clients commencing our weekly evening Personal Foundation Program*
- *Clients interested in attending our 3 Day Set Yourself Free Program*



## SHIRLEY SMITH FOUNDER AND PROGRAM DIRECTOR THE RADIANT GROUP

Shirley Smith is a psychotherapist, presenter and a best-selling author of four books including *Set Yourself Free*. Originally from the USA, Shirley was brought to Australia eighteen years ago to train psychologists, doctors, counsellors and health professionals in the treatment of co-dependency, addictive behaviour and family of origin issues. She is recognised as one of Australia's leading specialists in this field and has personally trained hundreds of doctors, health professionals, holistic practitioners, counsellors and psychotherapists. These professionals have integrated her pioneering approach in their healing practices.



An ordained minister, Shirley holds degrees in Philosophy and Divinity, is a Certified Trainer and Facilitator in the educational applications of Neuro-Linguistic Programming and Generative Learning, as well as a certified hypnotherapist and accredited Myers Briggs practitioner.

Shirley's compassionate approach and signature straightforward style quickly and accurately identifies the core of an issue. She encourages a spiritual, non-religious approach to healing and behavioural change. Shirley's work is regarded as grounded and practical allowing people to see the results of their efforts very quickly.



**resources for better relationships**  
families • couples • Individuals

The Radiant Group Pty Ltd. ABN 93 050 540 031  
PO BOX 1605, Neutral Bay, NSW 2089, Australia  
Ph: **+61 2 9953 7000** • Fax: +61 2 9953 7100  
Email: [info@theradiantgroup.com.au](mailto:info@theradiantgroup.com.au)  
Website: [www.theradiantgroup.com.au](http://www.theradiantgroup.com.au)