

Your Group Facilitator

Phillip McKewin is a Seminar Leader, Speaker, Writer and Personal Growth Educator. For the past twenty years he has traveled the globe accessing the masters of transformational psychologies and the world leaders in numerous fields of human potential.

He has also been traveling the East Coast of Australia, presenting extremely powerful workshops using a combination of groundbreaking techniques, both ancient and modern. These workshops promote and cultivate a strong sense of personal power and a high commitment to being all that you can be.

...*"Phillip possesses the rare power of being able to facilitate enormous change in the way that individuals see themselves. His insightful understanding of human behaviour compliments all that he has learnt, and along with his extensive hands-on experience, he is a leader of possibility, and a true voice of authority in the deeply personal search for truth"*.



Testimonials

Thank you for helping me to go past my stories and look at the real issues. You have changed me from a 'nice ' lady to a real lady. I love you for the gift."

Maureen O'Connor - Wollongong

"Thank you for helping me to understand, feel and express my feelings and my true self. I am able to take little steps everyday that get me closer to reaching my goals of self awareness and happiness with myself."

Sally Carney, Newcastle

Course Details

- Venue:** 14 Ambrose St,
Carey Bay,
(Near Toronto)
- Time:** Start 7.00—9.30pm
See Calender on Website
- Price:** \$20/evening
(Concessions available)

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INNER CHILD SERIES



RECLAIM YOUR LIFE

LIVE YOUR DREAMS



www.personalpower.com.au

Brief Intro into “Inner Child”

Inner Child work focus's on the unmet needs of childhood and how fulfilling those needs can lead to a complete, more confident and self actualized individual.

The presupposition is that early childhood development is greatly impacted by the family system we grow up in. So many of us grew up in homes and families that were dysfunctional and even toxic. The shame, anger, abuse, neglect, abandonment and dysfunction in our childhoods often re-emerges in ways that are very different from the original feeling. It can present itself as depression; anxiety, compulsive behaviors such as eating disorders, bodily pain, behavioural problems, addiction, relationship dysfunction and personality disorders.

Healing The Inner Child helps reconnect us to our authentic selves and teaches us healthy ways to re-parent our wounded child within and provides us with tools and resources that will impact every area of our life.

Healing childhood hurt and pain also expands our capacity for love and nurturing in every all of our relationships.



What would I get from attending?

Recent studies indicate that 95% of *who we are* is developed within the first seven years of our life. As children we are conditioned to think and behave in certain ways. We take on beliefs and values held by our parents, teachers and other role models.

As adults, these beliefs that may still be held onto subconsciously, can often limit us from achieving our full potential in life.

These beliefs create patterns of behaviour that have a direct impact on the quality of our lives. They impact our relationships, both personally and professionally. They impact on the quality of our lives in general.

How many of us were given a healthy role model of how to communicate our feelings appropriately? If we were taught that it is not OK to express uncomfortable emotions, we may have confusion around how to express anger, sadness, grief or loss, in a healthy way. In response to negative experiences, we may regularly bottle up these negative feelings deep inside.

These thoughts, feelings and actions can become blocks and limitations that prevent us from living the ideal life we desire. We may be covering up emotional pain by any one of a number of automatic coping mechanisms. Although these mechanisms may make us feel safe, they keep us from truly enjoying life and experiencing open, honest loving relationships with others.

These uncomfortable feelings, if not addressed, will forever control us and keep us from being 'real'. They will prevent us from living a life of absolute happiness and true inner freedom.

We need to acknowledge that all our emotions are natural and healthy. With knowledge, support and helpful strategies, we can learn to express our emotions in ways that are appropriate and safe.



How will it help me in life?

Attend our 'Inner Child' series and begin to explore....

- How unmet childhood needs can affect your adult life eg; dysfunctional family patterns can be recreated in the work place
- Heal painful feelings that are effecting your relationships
- change limiting patterns of behaviour
- Learn about self love, self worth and setting boundaries
- Resolve the past and live in the present & live a more passionate and fulfilled life

This series is experiential and educational and will support you to live your life in a more authentic way. You will learn specific tools and techniques to support you to break through your own limitations.

**ARE YOU READY TO
HEAL YOUR LIFE AND
MEET THE REAL YOU !**

Call Phil on (02) 49 599 885

or email

info@personalpower.com.au