

STAGE II – ADVANCED ESI® COURSE

Stage II – Advanced ESI® is a two-day workshop exploring the more advanced levels of ego states in relation to brain function. It is available to those students who have already completed the Certificate Level Course in ESI®. This course will equip you to highly efficient when working with dysfunction.



The theory behind ESI® is cutting edge neuro-dynamic. The ESI® Mapping Tool has been developed and trialled in Australia by Jan Sky and received international recognition as breakthrough theory on ego states. *“The lineage from the first understandings of ego states to this book (The Many Parts of You, Sky, 2009) is clear: Federn, Weiss, Watkins, Emmerson, Sky.”* (Gordon Emmerson, PhD 2009).



Course Overview:

Stage II – Advanced ESI® will prepare you to work across a variety of workplace areas, giving you a greater understanding of the brain and its function in relation to ego states. You will become proficient in using the Mapping Tool in both a therapeutic as well as a workplace situation. This tool is now considered a highly relevant Counselling and Coaching model. By attending this advanced workshop you will learn how to navigate the social landscape of the brain in relation to:

- The developing brain and states
- Neurons – neural networks
- The three messenger systems of humans
- Mirror neurons and how to work with them effectively for change
- The brain’s response to change
- Managing challenging behaviours using ESI® - anxiety, depression, OCD, Insomnia
- Use ESI® with performance issues (for both counselling and coaching)
- Understand challenging behaviours within states
- Identify states with rejection, fear and disappointment
- Use ESI® with couples counselling
- Mental health and wellbeing from the perspective of states

Who should attend?

Coaches, Counsellors, HR Managers, School Counsellors, Psychologists, Psychotherapists.

More about Your Facilitator Jan Sky and ESI

Jan is an author, speaker, coach, corporate trainer and the creator of ESI®. She is passionate about developing people to their full potential and will teach you how to navigate the social landscape of your brain.

Jan is recognised as an international expert on behaviour change and her work is acknowledged in Europe, Asia, Australia and New Zealand. Her book **“The Many Parts of You”** has been translated into Finnish. She is a captivating facilitator that turns the difficult into simple.

ESI® has International Partners in Finland and New Zealand who continue to develop this highly effective tool to bring about change.

Key Learning Outcomes

- ✓ Ego states and change
- ✓ Working with challenging states
- ✓ The Coaching model
- ✓ Working with fear, rejection and disappointment
- ✓ The brain and its’ functions – navigating the social landscape
- ✓ Mental Health and Wellbeing of states
- ✓ Relationship counselling using ESI

Booking Form – Stage II – Advanced ESI®



Workshop Pre-requisite – must have completed the one day Certificate Level Course and submitted a case study using the ESI® mapping tool. Following completion of the Advanced Course training, participants may be considered to become an ESI® Partner to deliver ESI® training of the one day Certificate Level programs. Applications must be made in writing.

Either post or email the completed booking form and payment to:

Jan Sky – Suite 2/25 Nankeen Ave Paradise Point Qld 4216 Australia **OR** email: jan@execstateid.com.au

Methods of payment (please indicate): Direct bank deposit / Cheque / Credit Card

NAME: PHONE:

ADDRESS:
 P/CODE:

EMAIL:

COMPANY: POSITION:

COURSE DATE: LOCATION:

REASON FOR DOING THE COURSE:

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Dietary Requirements:

TRAINING DATES 2016	LOCATIONS	VENUES	TIMES
16 & 17 January	Perth	Perth Bentley	Workshops run from: 9am – 4.30pm Refreshments provided
20 & 21 February	Gold Coast	Sydney Sydney South	
6 & 7 March	Sydney	Gold Coast	
19 & 20 March	Auckland NZ	Northern end	
INVESTMENT \$750 (includes GST)			
EARLY BIRD \$650 (booked and paid for two weeks prior to scheduled date)			

MY METHOD OF PAYMENT: Visa Mastercard (please indicate)

Card Account Number: _____

Cardholder's Name: Expiry Date: ____ / ____

Signature:

Payment WILL NOT be processed or cheques deposited until confirmation of course running

Cheque: \$..... (please make payable to **Sky training**)

Direct deposit AUSTRALIA: BSB 124 001 / A/C No. 20477220 / **Sky training** ABN: 41 197 717 694

Direct deposit NEW ZEALAND: ANZ BANK A/C 01 1846 0035738 00

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