

# PERSONAL & SOCIAL EMPOWERMENT

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A TRAINING CERTIFICATION  
WILL BE PROVIDED  
AFTER COMPLETING THIS COURSE

## PERSONAL EMPOWERMENT WORKSHOP

SELF-AWARENESS  
LIFE PLANNING  
GOAL SETTING  
PERSONAL DEVELOPMENT  
ROLE MODELLING

12TH OF AUGUST 2023  
FROM 11AM TILL 4PM  
AUCLANDER ROOM,  
GRAND MILLENNIUM HOTEL,  
AUCLAND, NEW ZEALAND



MAKE A BETTER VERSION OF YOURSELF AND YOUR COMMUNITY  
INCLUDING BOOK, PRACTICAL FORMS, AND STEP BY STEP GUIDELINES

*Bring A Good Life To Life*

*By Joining Our Personal & Social Empowerment Course*

Contact Now  
For Your FREE Ticket

support@imajh.com  
www.imajh.net

# PERSONAL EMPOWERMENT Workshop Schedule

## 10:30 am to 11:00 am Arrival (30 min)

The Personal Empowerment workshop is held at the Grand Millennium Hotel, at: 71 Mayoral Drive, Cnr Vincent Street, Auckland CBD. For more information about the hotel visit: <https://www.millenniumhotels.com/en/auckland/grand-millennium-auckland/>

The hotel carparks are available for booking as below information for \$25 per day: [https://www.parkopedia.co.nz/parking/carpark/grand\\_millennium\\_auckland/1010](https://www.parkopedia.co.nz/parking/carpark/grand_millennium_auckland/1010)



## 11:00 am to 11:30 am Arrival Tea (30 min)

The workshop is on Saturday the 12<sup>th</sup> of August 2023, and it will start at 11:00 am at Aucklander Room. The hotel staff will guide you for the location of the workshop.

Please make sure you will arrive at the Aucklander Room by 10:50 am, as it might take some time to check your ticket for entering the room.

At the arrival you are welcomed by freshly brewed coffee, a selection of traditional teas, and herbal infusions.



## 11:30 am to 12:30 pm Workshop Part 1 (1 hr)

This workshop has 4 parts. The first part of the workshop has been scheduled as below:

**Introduction** – 10 min by Mr. Clooney

**Summary** – 30 min by Mr. Clooney

- Possibilities and Reality
- The Secret of Success
- Comfort Zone
- Reborn

**Self Awareness** – 20 min by Mr. Clooney

- Look at yourself
- Keep a journal
- Ask for feedback
- Connect to the universe



## 12:30 pm to 13:00 pm Light Lunch (30 min)

After finishing the first part of the workshop, it's time for a lunch. We organized a light lunch for you from the menu including: Crudites, Charcuterie, Orient, and Sushi platters. Also freshly brewed coffee, a selection of traditional teas, and herbal infusions are available.





**13:00 pm to 14:30 pm Workshop Part 2 (1 hr 30 min)**

The second part of the workshop has been scheduled as below:

**Life Planning** – 30 min by Mr. Clooney

- Use your imagination
- Explore yourself
- Balance your life area
- Establish your goals

**Goal Setting** – 60 min by Mr. Clooney

- Writing a list of your goals
- Convert your goals to smart goals
- Categorize your goals
- List your 1-year goals



**14:30 pm to 15:00 pm Afternoon Tea (30 min)**

For a short break, freshly brewed coffee, a selection of traditional teas, herbal infusions and some cakes are available.



**15:00 pm to 15:45 pm Workshop Part 3 (45 min)**

The third part of the workshop has been scheduled as below:

**Personal Development** – 30 min by Mrs. Cummings

- Power of decision
- Time management
- Actioning
- Promoting
- Be the winner

**Role Modelling** – 15 min by Mrs. Cummings

- How to become a Role Model
- Role Model responsibilities
- Make a better version of your community



**15:45 pm to 16:00 pm Workshop Part 4 (15 min)**

The fourth part of the workshop will be the certification process as below details:

**Certifications** – 15 min

All the participants of this workshop will receive a Personal Empowerment certificate, which would be a valuable achievement in many situations of your life such as applying for new jobs, participating in communities, or continuing study in the Social Empowerment courses.

For more information about our courses visit: <http://www.imajh.net/college>



**16:00 pm to 17:00 pm Video Interview (1 hr optional to stay)**

After the certification the workshop will be finished, but we are providing the opportunity to those who would like to be interviewed by our presenters and share their feedback about the workshop in front of the camera. It usually takes a few minutes per person and its optional to be part of this process.



# REGISTRATION FORM

## ANSWER TO ALL THE QUESTIONS BELOW

To register as a participant in the Personal & Social Empowerment course, first, you must read the terms and conditions provided on the back of this form or on our college's website. If you agree to all the terms and conditions, then fill out this Registration Form and submit the completed form by emailing it to support@imajh.com for the further registration process.

Title:

Miss.

Mrs.

Ms.

Mr.

Dr.

First & Middle Name:

Family Name:

Date of Birth:

Day:

Month:

Year:

Phone:

Email:

Website OR Social Media Link:

How did you find about this course?

Name of the course:

Why did you join this course?

Are you interested to hearing about or joining our upcoming courses?

Yes

No

By submitting this form I confirm that, I have requested to participate in the Personal & Social Empowerment Course and I did read and agree to all the Terms and Conditions of the IMAJH College, as well as terms of the Workshops and Seminars, that are related to this course.

Signature:

Date: / /