

Power seminar for women

West Rand — Choosing to change for the better, the process of rejuvenating yourself physically and emotionally through "make-betters", rather than "make-overs" was the message spread at AbetterU rejuvenation centre on 9 June.

An informative workshop combined with a business networking opportunity saw the coming together of various fields for the empowerment of women through instructive speeches in the tranquil, calming countryside of Lanseria.

The speeches kicked off with Steve Krummeck, transformation coach, who spoke about choice and consequence, how each and every person is capable of choosing what we want to be.

This process involves "understanding the driving forces of fear and love" and also "identifying and accepting your core values and beliefs, embracing the essence of your individuality".

"The results can be phenomenal. Do not let yourself be controlled by limiting beliefs. Hold up the mirror, truly look at yourself and realise that each one of us is infinitely whole and capable of anything. It is absolutely huge," exclaimed the charismatic Steve.

One lucky audience member won a complimentary 1,5 hour coaching session from Steve.

The next speaker was clinical psychologist Sasha van Meygaarden who moulded her presentation to appropriately fit the audience, speaking on child-parent relationships.

"Parents are tired of being blamed but need to take responsibility for their actions and feel shame for their behaviour," said Sasha.

The core message that came through was that children mirror the families they come from, be they good or bad. In all relationships communication is key and it is no different with parent-child synthesis, both parties need to listen.

Families need to learn to give back to themselves as well, indulging from time to time instead of punishing, allowing children to learn from and emulate responsible parents.

A complimentary R400 assessment was the prize that Sasha offered, awarding someone with a free assessment.

Thirdly, Diane Woest, a registered dietician spoke briefly about fats in foods and the beneficial power of omega-3 fatty acids.

"I was in the advertising world for 11 years previous to this," says AbetterU manager Nicole Wittstock.

"It was stressful and depressing. You need to find a passion and embrace it, you can't allow yourself to get stuck in a dead-end. I started AbetterU because I want to help people."

The grand opening of AbetterU is on 11 October but in the meantime a host of workshops for women are being held, the next of which is on 21 July.

Details: Cinergy in motion marketing manager Lynette Bothma on 078 460 2968.

'You need to find a passion and embrace it, you can't allow yourself to get stuck in a dead-end.' — AbetterU manager Nicole Wittstock.



Sasha van Meygaarden, Nicole Wittstock, Steve Krummeck, Lynette Bothma, Cora Bailey and Elzaine Kruger enjoy the AbetterU seminar.

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