

Workshops

Discover You offer workplace and weekend workshops on a variety of topics including:

- ❖ Effective Goal setting
- ❖ Time Management
- ❖ Stress Management
- ❖ Mind, Body, Soul Combo

A range of specialists impart their theoretical and practical knowledge to stretch your mind, flex your body and nurture your soul.



Narelle Byatt
(B.Bus)

Member: ICF, MAA

0407 627403

info@discoveryou.com.au

ABN: 85968614418

Thai Yoga Massage

Thai Yoga Massage is an ancient healing art which combines the deep stretching of yoga posture with acupressure and reflexology in a full bodywork which promotes total well-being.

This therapy releases blocked energy and frees the body's own natural healing potential.



Benefits are multi-levelled and include:

- ❖ release of tense muscles & knots
- ❖ increase in flexibility & joint movement
- ❖ relief of tension and stress
- ❖ strengthening the immune system
- ❖ calming the mind
- ❖ inducing deep relaxation
- ❖ stimulation of internal organs
- ❖ assists postural alignment



Narelle Byatt is a member of the International Coach Federation and has undertaken her coaching qualifications through the Life Coaching Institute of Australia. Her professional background includes experience in sales & marketing, public relations, recruitment, conference, events and project management.

Having established and managed two successful recruitment agencies, Narelle has placed hundreds of people in satisfying jobs and coached individuals with career transition and direction. She was involved in a high school pilot youth mentoring programme.

Narelle has a reputation for professionalism, enthusiasm and integrity combined with compassion and empathy.

Passionate about fitness, health and wellness, Narelle has undertaken many studies in these areas. She is a qualified Thai Yoga Massage Practitioner (MAA).

**Contact Discover You and start shaping
the life YOU want today.**



DISCOVER YOU

**"Anything that the mind can believe
and conceive, it can achieve."**

Napoleon Hill

www.discoveryou.com.au

DISCOVER YOU

The focus at Discover You is All About YOU – your personal and professional development as well as your health and wellbeing.

Whatever your circumstances may be - whether you want to master a challenge at work or in your business, learn how to set effective goals or are struggling to achieve balance in your life, Discover You can assist you in your journey toward achieving your personal best.

Discover You offer a range of services including Life, Business & Career Coaching; Motivational Publishing & Thai Yoga Massage.

Principal, Narelle Byatt is committed to personal growth and development and helping people create balance in their lives whilst reaching their full potential personally and professionally.

Discover You Coaching Services:

- ✓ **Life & Personal Development**
 - ❖ assisting and empowering you to develop your own strategies and solutions for realising your goals and reaching your true potential in your personal and professional life
- ✓ **Small Business**
 - ❖ new business start-up
 - ❖ assistance in setting and achieving your business goals and developing action plans whilst maintaining work/life balance.
- ✓ **Career**
 - ❖ professional development
 - ❖ career transition including return to the workforce, retrenchment & career change
 - ❖ job search skills
 - ❖ resume and selection criteria preparation
 - ❖ interview preparation, techniques and skills
- ✓ **Health & Wellness**
 - ❖ assisting you to develop strategies for your nutrition, health, fitness and stress management

Coaching

What is Coaching?

Coaching may be likened to having a personal trainer for your mind. It is about clarifying values and visions and working with these to set goals and new actions so that you experience personal and professional development. During coaching the journey is as important as the destination.

The supportive environment at Discover You empowers you to develop your own strategies and solutions. Coaching enables you to unlock your vast potential and bridge the gap between where you are now and where you would like to be.



How are coaching programs structured?

Coaching programs are individually tailored to suit you and the agreed outcomes of the coaching relationship. The most effective coaching relationships span over a 3-6 month time frame with weekly or fortnightly sessions which may be face to face or by telephone.

You are in charge of your program, so you make the decision about when to start and stop your coaching.

Benefits of Coaching

Coaching may assist you in achieving:

- ❖ Higher levels of self-awareness
- ❖ More effective goal-setting
- ❖ Higher levels of motivation
- ❖ Greater self-confidence
- ❖ Enhanced interpersonal relationships
- ❖ Improved quality of life
- ❖ A more balanced life
- ❖ Reduced stress levels

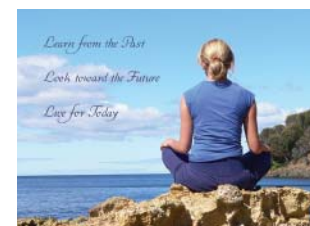
Motivational Publishing

Discover You has designed a range of creative & inspirational prints suitable for your workplace or home. These combine creative photography together with tailored motivational quotes.

Prints may be viewed at our website:

www.discoveryyou.com.au

or contact us on 0407 627403
to view our portfolio.



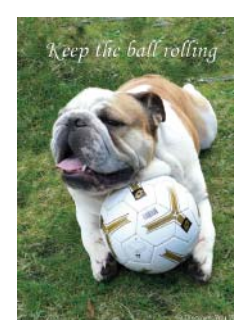
Learn from the Past
Look toward the Future
Live for Today



Set your dream boat afloat



Your life is a reflection of YOU



Keep the ball rolling

Gift Vouchers
are available
for all our
services

