



Take2 - *Directing your Best Life*

Have you ever stopped, and wondered why your life so far has turned out the way it has? Why you have made certain choices or followed a particular path? How you use your mind has a direct influence on how you experience your life, and whether you achieve your goals and desires. Left to its own devices our mind will follow a familiar script, buried deep in our subconscious and based on out of date beliefs and habits which we may not even be aware of. Unless we understand how our mind works, the script it operates on, and how we can use it to our advantage then very little in our life will really change.

Take2 - Directing your Best Life is a unique, fun and empowering personal development programme which takes you on a fascinating journey into your own mind to discover how you create your experience of life, your reality. It brings together, under an easily recognisable theme, the latest scientifically proven knowledge and practices known to foster self-awareness and lead to lasting change. Using the process of film making as an analogy for life, familiar roles from the movie world are used to explain different aspects of the human psyche and introduce the idea that how we live, and experience life, is really under our control. A key concept explored is how we can use our minds to consciously create our experience of life, rather than being at the mercy of our *automatic pilot*.

The programme is offered in a relaxed and enjoyable way, enabling genuine interaction and one to one support. Most of the material is delivered in an informal style with more formal presentations being included only when key concepts need explaining. The programme is experiential, and participants are encouraged to work alone, and with each other, to explore how the movie that is life is created (participants will retain control over what they share throughout the programme and confidentiality will be encouraged)

Take2 - Directing your Best Life begins by inviting you to imagine being given a clapperboard, and the opportunity to shout 'cut', while you examine where your life is now and where you would like it to go. You will explore what is really driving your life, the hidden script that you act out each day, and discover ways to rewrite that script so it supports the life you want to create.

Using familiar film roles as metaphors the programme unfolds in the following way:

Take1 - The story so far. The stories we tell about our past can have a huge impact on how we operate in the present. The goal is to gain insight into the power of story and rewrite yours in a way that honours the truth but also empowers you to move forward with hope and optimism.

The Director – The Mind. The mind can be our greatest asset or our biggest hindrance, depending on how we use it. By exploring the development and use of both your conscious and subconscious mind, you will be encouraged to place yourself firmly in the Director's chair and take control of your own life experience.

The Critic – We all recognise our resident critic, that 'voice' which likes nothing better than to highlight our shortcomings and mistakes. Although we would love to silence the critic (or worse!) the programme encourages you to recognise and understand its presence, then befriend it and gently guide it to change its message.

The Editor – examining the ‘scenes’. Having explored how the mind works, and come face to face with the Critic, *Take2 - Directing your Best Life* now moves into uncovering the beliefs and habits, that make up the hidden script by which we really live our life. Using mindfulness, you will look for evidence of your unique script by observing your habitual thoughts, feelings and behaviour in the present moment.

The Hidden Script. Having identified any limiting beliefs and habits you will be guided through a clear six step process to re-programme your subconscious mind and begin to rewrite your script to support the future you want.

The Star. Once the process for gaining control of your mind is understood the spotlight is turned on the Star of your movie, YOU. By exploring your unique and innate personality, preferences, passions and purpose you will build up a picture of who you really are without the ‘mask’, the person you were before the world shaped and moulded you to ‘fit in’.

The Producer. The focus now moves to a concept known by many names (higher power, Universe, inner wisdom, higher self, God) and uses the practices of meditation to connect to this power, intuition to receive from the power, synchronicity to see the power in action and creativity to express the power. The Producer can reignite the wonder and magic you knew as a child and is the means by which we can turn an ordinary life into an extraordinary one.

Take2 Creating your new life. Having explored the different aspects of self and how to use the mind in a powerful way to reprogramme limiting beliefs, you are now ready to focus on consciously creating the future you want. Six ‘scenes’ are used to help you develop your personal *Take2* vision and a clear plan of action to bring that vision into being.

Rehearsals. Even the most experienced stars have to rehearse, and you now have the opportunity to try out skills and practices within the safety of the group before using them to begin living your new life.

Lights, camera, action..... You are now ready to direct your very own *Take2* and groups are encouraged to stay in touch and provide a ‘supporting cast’ as each new vision develops. Life will never be perfect, but with courage and determination, and a better understanding of how our ‘reality’ is created, you are now ready to place yourself in your very own Director’s chair and move from ‘cut’ to – ‘lights, camera and action’.

Take2 - Directing your Best Life will be presented by Christine Frey who has studied and worked in personal development for fifteen years and is a qualified counsellor and personal development coach. Each participant will receive a copy of the book which supports the programme. (also available on Amazon)

If you wish to sign up for the programme or have any questions, please contact Christine at:

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or visit www.christinefrey.org

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Because Life is not a rehearsal.....

